

Why Hand Sucking In Babies Should Not Be Entirely Discouraged



The hand-to-mouth movement is an essential physical developmental milestone that babies develop by month four, indicating they are growing well.



It is an early step toward voluntary muscle control, laying the foundation for several other physical development achievements.



Repeated hand-to-mouth motion may help babies develop fine motor skills and better finger movements. It helps encourage milestones such as reaching out to objects and self-feeding.



It may encourage early body awareness and mapping in the baby.

References:

- 1 Milestone Moments; CDC
- 2 Hand To Mouth Milestone; BSIM