

Here's some help with a thumb or finger habit. Although it is difficult to decide an appropriate age when a child should stop sucking a finger,

The Thumb Game

DR. GURZA'S RULES FOR THE THUMB GAME

Game Levels to beat:

- A) Thumb skips school**
- B) Thumb sleeps if your awake**
- C) Thumb looks for new home**

Tell yourself not to put your thumb in your mouth at school - YOU RULE

Only allow the thumb in your mouth if you are in bed - YOU RULE

When the thumb goes in the T.V. goes off - YOU RULE

Talk to your thumb 10 times every morning and every evening:

“Thumb, do not go in my mouth today - I RULE”.

Sign a contract with your parents to give you a prize when you beat each level

Having a problem? Help is only a phone call away!

If you need a pep talk and your thumb is winning, call me.

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