Literary Review

A review of: Helping the Thumb-Sucking Child, by Rosemarie A. Van Norman (1999)

Roberta Pierce

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BOOK REVIEW

Title: Helping the Thumb-Sucking Child

Author: Rosemarie A. Van Norman

192 pages. Illustrated.

Reviewer: Roberta Pierce, M.A.T., CCCSP, C.O.M.

Rosemarie Van Norman has written a comprehensive book explaining why children suck their thumbs or fingers. She also addresses how parents and orofacial myologists can help the child to eliminate this harmful habit.

Rose has devoted over twenty-five years to clinical and scholarly study of thumb and finger habits. She has made numerous presentations on the topic. She has also published numerous articles in professional journals, including the International Journal of Orofacial Myology.

This book is written primarily for parents. In terminology which the layman can understand, she explains the dental, speech, emotional, and health problems which can result from prolonged sucking habits. When parents, teachers, and other children attempt the wrong approaches, the child experiences more stress and therefore increases the frequency and intensity of the sucking. It is important for everyone involved in helping children to stop sucking to understand the brain chemistry which creates sensations of pleasure, comfort, and relaxation.

The book contains specific instructions for eliminating daytime and nighttime sucking habits. It is highly recommended as parent education material to be given to parents to supplement and explain more thoroughly how the orofacial myologist, parent and child can work together for successful elimination of thumb and finger sucking habits.

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