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Palm Harbor, FL 34685  
(727) 772-1452



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Trinity, FL 34655  
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## THUMBSUCKING: RESOURCE LIST

### Books for Children

#### Ages 4 to 8

- *David Decides About Thumbsucking*; by Susan Heitler; Reading Matters, 1996
- *Harold's Hideaway Thumb*; by Harriet Sonnenschein; Aladdin Paperbacks, 1993
- *Little Thumb*; by Wanda Dionne; Pelican Publ Co, 2001

#### Ages 6 to 10

- *My Thumb and I: A Proven Approach to Stop a Thumb or Finger Sucking Habit, For Ages 6-10*; by Carol A. Mayer; Chicago Spectrum Press, 1997

### Books for Adults

- *Helping the Thumb-Sucking Child: A Practical Guide for Parents*; by Rose Marie Van Norman; Avery Pub. Group, 1999
- *My Thumb and I: A Proven Approach to Stop a Thumb or Finger Sucking Habit, For Ages 6-10*; by Carol A. Mayer; Chicago Spectrum Press, 1997

### Other Resources

The International Association of Orofacial Myology  
970 Elizabeth Street  
Denver, CO 80209  
303-765-4395  
<http://www.iaom.com> ▶▶.