



# Me & My Thumbs





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## How to Use This Book

### 1. Assembly

- a. Print all pages, single-sided
- b. Lamination is recommended
- c. Cut out movable pieces
- d. Choose a child piece to represent your child.
- e. Apply Velcro dots where indicated by red dots.
- f. Apply the opposite side of velcro dots to the backs of movable pieces.

### 2. Reading the story

- a. Read the story together with your child. Don't require them to read it themselves if they would prefer to be read to.
- b. Point to pictures while reading to highlight important concepts.
- c. Treat movable pieces as a doll set. Move characters and objects throughout the pages and "play" through the actions.
- d. Don't rush through! Allow your child to explore each page.
- e. Read frequently.

Sometimes I suck my thumb.

Sucking my thumb feels good  
and helps me relax.

I do it a lot, so it is a habit.



Sucking my thumb can  
make me sick, hurt my skin,  
and make my teeth crooked.





Lots of other things feel good  
and help me relax!

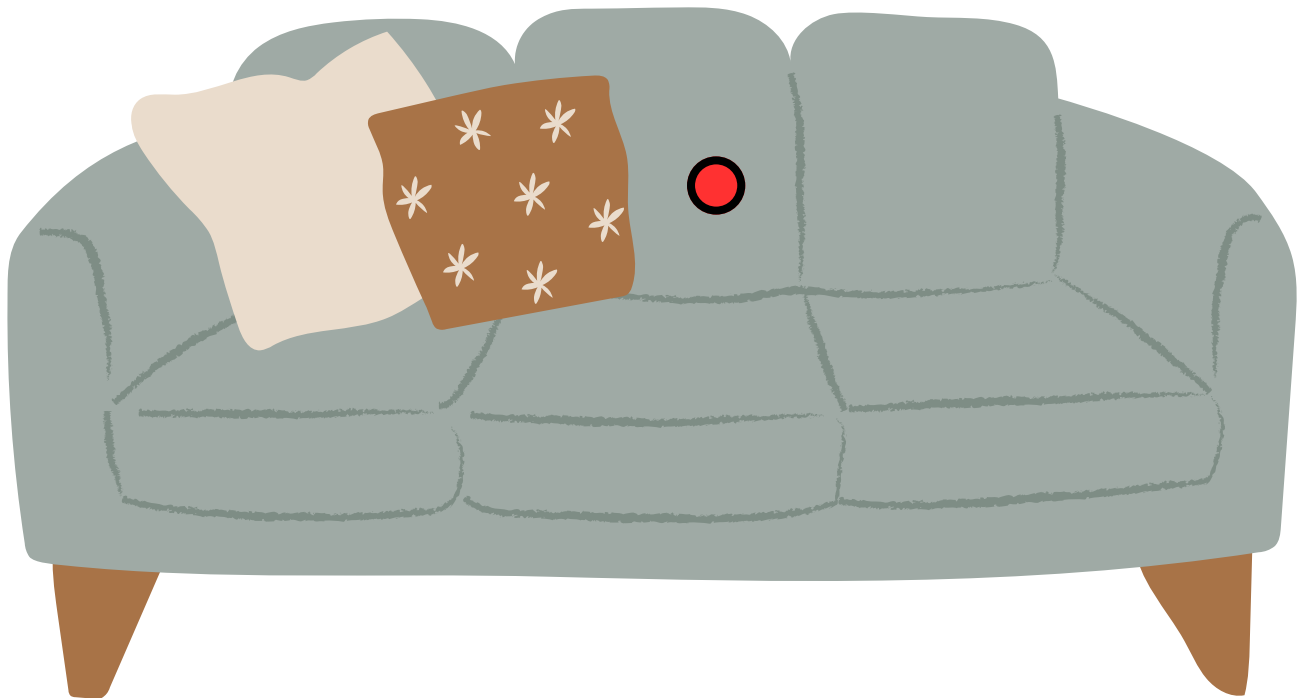
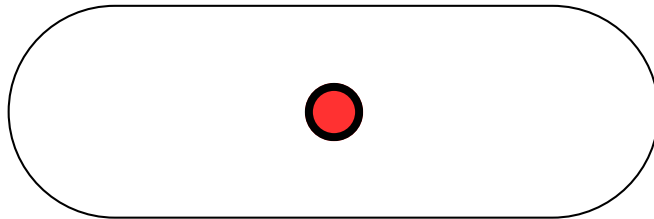
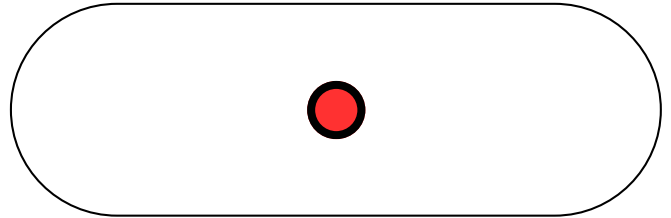
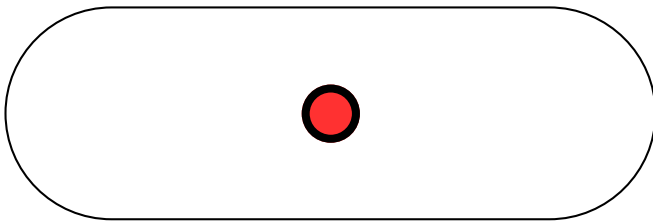
I can make new habits.



It might be hard to  
change my habits.  
My grown-ups can help!



My new habits will be



I can practice my new habits every day!



In the car, Sophie can chew a chewy or play with a fidget.

I can too!





At bedtime, Sophie can  
chew on a chewy.

I can too!



When Sophie is upset, she  
can squeeze a stuffy.

I can too!



# Movable Pieces



