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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

NEWS

THIS GEORGETOWN THERAPIST USES ART TO HELP CLIENTS

BRYAN MYERS

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Bryan Myers/Torstar

Sue Dorder, a registered psychotherapist in Georgetown, has opened an expressive art studio, giving patients an alternative avenue to exploring and expressing themselves through art.

While many artists express themselves through their craft, a therapist in Georgetown is looking to help people express themselves by exploring art.

Sue Dorder has worked as a registered psychotherapist in Georgetown for more than a decade, but her new venture, Expressive Art Studio, focuses on art as therapy.

"I've always incorporated parts of it into my practice," Dorder said, "but now it's going to encompass the entire session."

Through a range of different media, including drawing, painting, and sculpting, clients can explore and resolve challenges.

"It's not just sit-and-talk therapy," she said. "It's a different language. Sometimes it's hard or embarrassing to find the words."

In addition to one-on-one sessions, Dorder said, she will begin holding group sessions, starting in September.

More recreational than therapeutic, the

group sessions allow people dealing with similar issues to connect.

A registered psychotherapist and registered expressive art therapist, Dorder is also an artist.

"Talk therapy is effective," Dorder said, "but art takes it to another level. It's something to explore."

One-on-one sessions are billed at a general rate of \$140 per session, and group sessions are offered for \$80 per month, which includes one weekly session.

Expressive Art Studio is at 2 Draper St.

More information is available on Facebook at expressiveartstudiogt or call 905-601-3268.

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