device and treatment guide for finger sucking

IMPORTANT: This instruction sheet contains a timeline which shows all of the relevant stages of the treatment process. Please read and understand all of the provided instructions before, starting to maximize your chances of breaking this very difficult habit. The treatment will require your child to make both behavioral and physical adaptations.

To see an instructional video, scan the QR code shown at left, or visit www.tguard.com/video.

Pre-Treatment Preparation
- Talk to the child and explain to them, if possible, that the habit is harmful and must be broken. Use a variety of motivational incentives to get them to want to stop.
- Agree on a future date to start the treatment. Long weekends or holiday breaks are preferred, because you are in greater control of the treatment.
- Begin managing their sleep schedule. Children engage in the habit when they want to relax; if you put them to bed and they have a lot of energy, or they are unable to fall asleep right away, they will be more desperate to suck their finger(s).
- Consider removing naps from their daily schedule, putting them to bed later, waking them up sooner, or a combination of the three.
- Manage stress and health: the child will want to continue treatment, and may require a longer treatment length than 30 days.
- Additional, do the following:
  - Monitor the child's health: any allergies, colds, flu-like conditions, etc., put a strain on the child. If you see this during the treatment, know that their desire to suck will be increased.
  - Continue monitoring the progress each night. You can end the treatment when you see 1 week elapse where they do not put their fingers, thumbs, or any foreign objects near or around their mouth, at any time.

Can it be worn at school?
Yes. A few minutes of writing with the TGuards can simply continue with the treatment. Feel free to contact us if you have any questions or comments, please contact us! www.tguard.com/help

Can my child wash their hands with the tguard on?
Yes, however, it is very important that any residual moisture is removed immediately after washing. This can be done by first shaking out any remaining water, and then drying the rest with either a paper towel inserted between the tube and fingers, or using a hair dryer / air blower to dry out any remaining wetness.

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