
WebMDHealth

CONTROL-IT![®]

NATURAL NAIL BITING TREATMENT

Control-It! Nail Biting Treatment Gold Star Program[®]

CONGRATULATIONS ON TAKING THE FIRST STEP!!!

Curing the nail biting or thumb sucking habit permanently is a challenging process - especially if this is your first attempt at breaking your own habit, or that of your child.

Whichever situation applies to you presents a different set of challenges. As an adult, you recognize the habit's many negative effects and are motivated to break the cycle that has become second nature.

As a parent, ending this pattern of habitual behavior in your child requires commitment and consistency.

That's why Control-It! Natural Nail Biting Treatment[®] developed the Gold Star Program to be followed during a 3 to 6 week course of treatment. We want you to succeed, and will help make sure that you do!

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GOLD STAR PROGRAM

Our professional treatment program for nail biting and thumb sucking has been developed in cooperation with The Next Step Enterprises Advisory Board, whose members include pediatricians, dentists and certified orofacial myofunctional therapists - specialists who treat extreme cases in which facial distortion occurs from numerous causes, including excessive nail biting or thumb sucking. These techniques are modeled after the treatment therapies developed and used by these professionals. Soon after starting, you will find it easy to make the Gold Star Program a regular part of your daily routine, or follow through with your child.

HOW THE HABIT BEGINS

Infants and young children instinctively suck on their fingers and thumbs - even while in the womb. Thumb sucking continued past age four can cause long-term or permanent dental/oral structural problems. Thumb sucking and nail biting in children increase the chances of illness from germs and bacteria, as well as pinworms (microscopic parasites transferred from the infected person's anus by hand-to-mouth contact - eggs are then spread to other family members by direct or indirect contact

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To successfully break the habit using Control-It! [®] and the Gold Star Program, follow the treatment steps regularly every day.

THREE-STEP TREATMENT

The following describes the three phases of intensive treatment:

Phase I - Discovery - 1-3 weeks

Phase II - Intensive Treatment - 2-6 weeks

Phase III - Follow up / Recurrence Prevention - 3, 6, 12 months

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PHASE I - DISCOVERY (children and adults)

Use this formula as a guideline in evaluating severity:

- 1) INTENSITY: How intensely is the habit occurring?**
- 2) FREQUENCY: How often is the habit occurring?**
- 3) DURATION: How long has the habit existed?**

Adults: Becoming aware of when nail biting occurs is an important part of the treatment process. Notice the circumstances that trigger the behavior, and find healthy, constructive alternatives. This will help reinforce the benefits of Control-It![®] cream.

Children: Notice when your child bites his/her nails, and find healthy, constructive alternatives.

NOTE: Using a pacifier as a replacement is not recommended because it tends to reinforce the sucking habit.

Help your child establish new habits, such as flossing after brushing (essential for everyone), hand washing and personal grooming, plus games and challenges that teach the child the rewards of these new habits. Use positive reinforcement in praising clean, strong nails. Also regularly point out the dangers of germs that are transmitted when thumb sucking or nail biting.

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PHASE II – TREATMENT

Apply Control-It!® first thing every morning. Use a cotton swap or thumb and forefinger to generously apply the cream, and massage completely into the fingertips, nails, and cuticles.

TIP: Massaging the fingertips and nails stimulates blood circulation and delivery of nutrients to the affected areas. Incorporate this beneficial, relaxing ritual into a daily regimen of new habit formation.

REINFORCEMENT

The following are proven tips that help break the nail biting cycle.

HAND WASHING/PRODUCT TRANSFER

Use a scrub brush or washcloth to thoroughly wash hands before meals. This will prevent hand-to-food transfer of Control It!® and increase awareness of personal hygiene. Reapply after meals. The healing process will be accelerated by the moisturizing properties of our unique natural ingredients, restoring nails and cuticles with the essential nutrients they need, including aloe vera, sunflower oil and vitamins A and E.

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HABITS/ANALYSIS

Orofacial myofunctional therapists and other medical professionals frequently advise patients to practice their nail biting habit in front of a mirror. While seeing and feeling all the movements involved, you become aware of how your body appears while doing this almost subconscious act. You may notice yourself beginning the nail biting session by rubbing along the nail edges, feeling for irregularities. This frequently starts the process even before bringing hand to mouth. Examine the process used by the teeth and lips to locate the next “nibble” location. By examining the mechanics of the habit, you’ll gain insight into breaking it.

KEEP A RECORD

Breaking a habit involves changing the unconscious mind and the automatic components of the behavior every time it occurs. Keep daily records, building awareness of how, when, and where the habit occurs. Identify all situations in a column, and read this list every morning. Take mental note of behavior triggers, such as commuting, talking on the phone, watching TV, etc.

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DAILY MAINTENANCE

- **Make a fist, squeezing thumb and forefinger when you feel the urge to bite your nails**
- **File nails to smooth rough, jagged edges; shape nails to oval (improves appearance, eliminates corners at both sides of nail and reduces temptation to bite)**

PROFESSIONAL POLISH

A professional salon/spa manicure at the beginning of this program will immediately improve the appearance of your nails and hands. This will give your self-esteem a boost while providing incentive to continue the program. Watch the procedure closely to duplicate at home. Get another professional manicure at the end of 21 days to note the improvement.

IMPORTANT: Improperly sterilized manicure instruments can transmit HIV and hepatitis C, as well as other infections. Only go to a salon/spa that uses the autoclave method of sterilization, or buy your own manicure instruments and bring them with you to the manicurist. Professional-quality manicure instruments are available at beauty supply stores.

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TALK TO YOUR CHILD BEFORE STARTING TREATMENT

Explain why it is important to break the thumb sucking or nail biting habit in terms your child can understand. Explain the treatment step-by-step so your child knows what to expect. Be supportive, and let your child know this will be a family effort involving everyone. Convey the message that the treatment is help, not punishment.

GOALS & REWARDS

Set obtainable goals that can be rewarded with praise and attention. After success with one- to two-hour stretches, set a goal that your child increase the time without engaging in the behavior to a few days. Increase the reward and begin introducing new lessons, such as hand-washing and cuticle care, as well as oral hygiene.

ENVIRONMENT

A child who habitually sucks his/her thumb or bites fingernails may be imitating another family member or a care provider. Breaking the habit may involve more than one person.

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FAMILY MEETINGS

Hold meetings in quiet surroundings (no TV or other activity) when your child is relaxed (not thumb sucking/nail biting). Use a non-accusing tone of voice and ask the following questions:

- Do you know why you suck your thumb/bite your nails?**
- Does it bother you?**
- Do you want to stop?**

Such meetings will help your child become aware of his/her own behavior and set the stage for breaking the habit. Make regular meetings a new habit.

DO'S AND DON'TS

- DO discuss the habit with your child and help him/her learn new behavior.**
- DO NOT nag, scold or punish.**
- DO agree on a family meeting time.**
- DO NOT shame your child in public, or make demands to stop.**
- DO understand that the thumb sucking/nail biting habit will not be broken immediately.**

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PHASE III - GOLD STAR FOLLOW-UP

Take before and after pictures every seven to 10 days to follow progress and provide incentive. Get a regular manicure at four to six weeks, and regularly for the first six months on that schedule. You can send dated pictures to Next Step Enterprises, Inc., after 21-30 days and we will send you a Gold Star Certificate and a FREE manicure gift!

**Next Step Enterprises Inc.
Photo Department
2212 S. Chickasaw Trail #203
Orlando FL 32825**

If you write us, include any documentation you can: worksheets, stories, history, etc., to benefit future customers. Please refer Control-It! [®] to friends and family. We want to help as many people as we can, and your endorsement is our best advertisement.

Thousands of adults and children have found great benefit in our new approach to breaking the nail biting/thumb sucking habit. We sincerely hope you and your family enjoy the same success.

This information is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.