

Healing Kids Cavities

Unit 3

A mom's guide
to putting the pieces together
and creating superhero success!

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CARRIES CLUB

HAPPY MOMS AND CAVITY FREE KIDS

I help moms with families suffering from tooth decay and/or gum disease get the support they need through an online program & community with easy to implement strategies so they can heal their mouths, be free of pain and proud of their smile

COURSE CURRICULUM

Understanding pH Control & BioFilm

Learn about pH control and biofilm management and discover how that affects cavities and gum disease.

STEP A



Dig Deep & Document

Documenting your current oral health regimen, what are your hopes and fears, are you willing to take ownership of your issues.

The Power of Nose Breathing

Do you know how important it is to breath through your nose and how that plays a huge factor in oral health and cavity prevention?

STEP C



Tools & Techniques to Success

Learn about new tools and discover better techniques to manage and keep your mouth clean and on the road to repair.

The Mouth Body Connection

Oral Health is just the beginning and this stage will teach you all about how the mouth and body are intrinsically connected.

STEP 2



Sleep The Disease Away

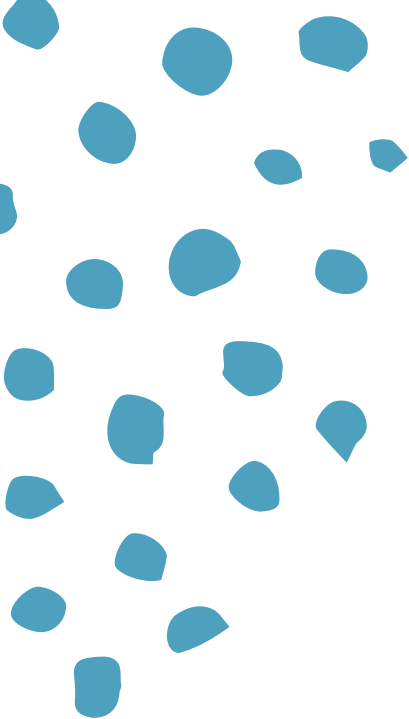
Learn how sleep plays a huge role in maintaining good oral health and discover techniques to better sleep and better oral health.

Bonus



Building Your Dental Dream Team

You've successfully managed to control the disease, now find your dentist or dental team that will support you.



checklist

Systems that start healing

- I have a system in place that helps me monitor healing
- I am monitoring pH throughout the day and tracking it
- I understand how different foods contribute to breakdown in the mouth
- I understand how frequent snacking contributes to decay
- I understand how to use xylitol neutralize biofilm & pH
- I know which ingredients to avoid in my oral health products
- I understand the importance of using the right tools and I know which ones to start with
- I am clear on how mouth breathing contributes to decay
- I am clear on biofilm management and am using a tool to see the bacteria
- I understand that even having dental work done does not stop the infection process



Make This Work

EASIEST WINS FIRST

WORK SMARTER

NOT HARDER

KNOW YOUR WHY

FIND A TRIBE & A GUIDE





**Tell me & I forget
Teach me & I MAY remember
INVOLVE me & I learn-
Benjamin Franklin**



**Carrie's Club
Creating Happy Mom's
&
Cavity Free Kids!**





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