



CAFF

Children's Airway First Foundation

Take a deep breath. *We're here to support you.*

Fix by Six: Solve airway disorders early

THE CHALLENGE: Airway Disorders effect hundreds of millions of children worldwide

Medical professionals are discovering that more and more children are born with airway and sleep disorders that cause them to breathe through their mouth instead of their nose. Changes in diet between 200 and 300 years ago has had evolutionary consequences on jaw and palette formation which now effects hundreds of millions of children worldwide. Undetected and untreated, the impact on poor facial and airway development can tip a child into a downhill slide that leads to severe side effects due to lack of oxygen or rejuvenating sleep.

THE SOLUTION: Screening, evaluating, and treating as early as possible

Detection and treatment before the age of six may avoid the serious consequences of airway disorders, including brain dysfunction. Because relief is within reach, the Children's Airway First Foundation (CAFF) is a leading voice for parental and clinician awareness. The signs and symptoms of airway disorders are clear and effective treatment is available. We simply need to sound the alarm and spread the reassuring word to both parents and clinicians so we can fight this evolutionary pandemic together.

THE CHILDREN'S AIRWAY FIRST FOUNDATION

Created by parents of a child whose airway disorder went undetected for 12 years, resulting in serious lifelong consequences, The Children's Airway First Foundation (CAFF) is committed to preventing other children and their parents from enduring similar and unnecessary hardship. Unnecessary, because airway disorders are completely preventable if diagnosed and treated by the age of six. CAFF is fully invested in spreading awareness to both parents and practitioners—sharing preventative information, diagnostic insights, the latest research, medical management strategies, and practitioner support.

Understanding the signs and symptoms, as well as the roles of breathing, sleeping, and eating in their development, is the first step towards safeguarding your child's longterm healthspan. CAFF has developed a rich and growing resource library to help both parents and medical professionals understand this evolutionary pandemic and how each can contribute to the well-being of more than 400-million children worldwide.

Learn the signs and act early!

Early detection of airway disorders significantly improves your child's health, prevents long-term consequences, and promote proper growth and development.

- Mouth breathing
- Open or slack-mouthed posture
- Snoring or noisy sleep
- Night terrors
- Late stage bed-wetting
- Chronic nasal discharge/runny nose
- Dark circles or allergic "black eyes"
- Tossing, turning, thrashing and restless sleep
- ADHD or depression diagnosis
- Nail-biting
- Crooked teeth
- Frequent earaches or headaches
- Falling asleep in school
- Awakening feeling un-refreshed

Mission | To ensure every child has access to screening, evaluation, and treatment of airway disorders before age six.

Vision | To end the global evolutionary pandemic of children's airway disorders.



**0-1
YEARS**

Is your baby sleeping and feeding correctly?

While it's normal for babies to occasionally snore, persistent mouth breathing, noisy sleep, and trouble breast feeding could be early signs of an airway disorder.



**2-3
YEARS**

Is your child a mouth breather?

Persistent mouth breathing in toddlers isn't just a habit they will grow out of— it can impact their facial growth, sleep quality, brain development, mental health and overall healthspan.



**4-5
YEARS**

Is your child struggling?

Behavioral issues, hyperactivity, and even bedwetting can be linked to untreated airway disorders. Don't let these challenges go unnoticed.

If any of these sound familiar, it's time to take a closer look.

Savvy's Story: A wake up call



Savvy was a bright and energetic child who, unbeknownst to her family, was battling a silent enemy—an undiagnosed treatable airway disorder. As she grew, seemingly unrelated symptoms like chronic fatigue, anxiety, difficulty concentrating, and even collapsing during physical activity began to emerge. Despite numerous doctor visits and tests, Savvy's condition remained a mystery for over a decade.

By the time she was twelve, Savvy's health had deteriorated significantly. Her airway was severely blocked, leading to oxygen deprivation, cognitive decline, and debilitating depression. It wasn't until a chance encounter with a dentist who recognized the subtle signs of airway obstruction that Savvy finally received a diagnosis. Extensive surgeries and treatments followed, but the years of missed opportunities had taken their toll. Savvy's experience highlights the devastating consequences of delayed diagnosis and the critical importance of early intervention.

CAFF was born from the determination to prevent other children from enduring Savvy's struggles. At CAFF, we are committed to raising awareness, educating parents and healthcare providers, and advocating for early intervention to ensure every child breathes easy and thrives.

Savvy's story is a powerful reminder that airway disorders can have far-reaching consequences. By working together, we can change the narrative for countless children and help them reach their full potential by identifying and fixing airway issues before the age of six..

CAFF IS YOUR PARTNER IN AIRWAY HEALTH

We empower parents with the knowledge to recognize airway disorders and take action. Our resources include:

- **Parent Toolbox:** Comprehensive information on signs, symptoms, and treatment options.
- **Provider Directory:** Access a network of airway-focused specialists in your area.
- **Support Network:** Connect with other parents who understand your journey.

TAKE THE FIRST STEP TODAY

- Educate yourself on the symptoms and effects of pediatric airway disorders.
- Seek evaluations from airway-focused health professionals.
- Explore comprehensive treatment options to support your child's well-being.

Visit our website to learn more and find the support you need.
www.childrensairwayfirst.org

