THE PARENT'S GUIDE TO GROWING HEALTHY *Airways*

BIRTH TO AGE 4



EARLY HABITS
THAT SUPPORT BETTER
BREATHING, SLEEP & DEVELOPMENT

airways ACADEMY EST. 2025

Simple steps. Stronger foundations. Brighter futures.

WWW.AIRWAYSACADEMY.CA

ABOUT *us*

Hey there! We're Michelle & Chantal - myofunctional therapists, 15+ years experienced dental professionals, and dedicated moms. We're excited to be your companions on this journey! Our personal and professional experiences have equipped us with invaluable insights into promoting craniofacial health and fostering optimal airway development in young children. Join us in our e-guide, where we'll share practical tips, evidence-based techniques, and heartfelt advice to empower you in nurturing your child's growth during the crucial years from infancy to preschool.

Check out our parent-led

EARLY START PROGRAM!



@airways.myo

hello@airwaysacademy.ca

WWW.AIRWAYSACADEMY.CA

COPYRIGHT DISCLAMER

copyright© Airways Myofunctional Therapy
all rights reserved.

No part of this e-guide, including but not limited to text, graphics, images, or audio content, may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the copyright owner, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.
For permission requests, please contact us by email at hello@airwaysacademy.ca

Hey, Parents!

WE'RE HERE FOR YOU!

Firstly, we'd like to say that we're so happy you're here! Parenting can be so tricky, and airway health is just another one of those things. If you're here, you probably know a little bit about myofunctional therapy, but have realized that therapy programs start around age 4. So, what can you do between birth and age 4 to promote healthy growth and airways? We're about to deep dive!

airways EST. 2025 ACADEMY

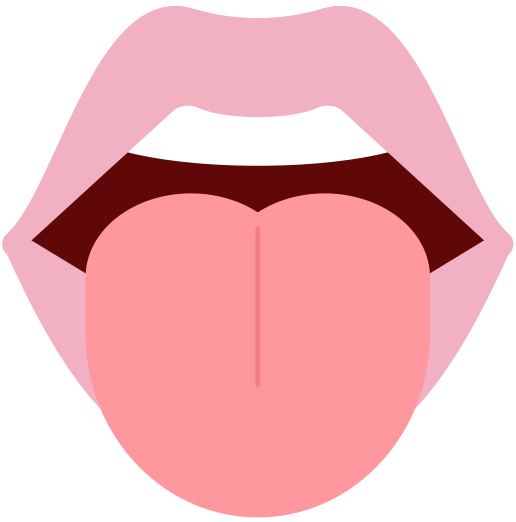


WHAT IS AN OROFACIAL MYOFUNCTIONAL DISORDER?

Orofacial myofunctional disorders (OMDs) are conditions that affect the muscles and functions of the face and mouth. These disorders involve abnormal patterns of muscle movement or coordination in the lips, tongue, jaw, and throat.

Some common symptoms and characteristics of orofacial myofunctional disorders include:

1. Tongue thrusting
2. Incorrect swallowing patterns
3. Mouth breathing
4. Speech difficulties
5. Poor oral posture
6. Sleep disordered breathing
7. Enlarged tonsils & adenoids
8. Crooked & crowded teeth
9. High vaulted palate
10. Body tension



These disorders can lead to various issues such as dental problems, speech difficulties, facial muscle imbalances, and even skeletal changes over time.

WHAT IS MYOFUNCTIONAL THERAPY?

What is Myo?

Think of it like a workout routine, but for your mouth and face muscles! It's all about training those muscles to work together properly, just like you'd train your muscles at the gym.

You see, our mouth and face muscles play a big role in how we breathe, swallow, and even speak. Sometimes, though, these muscles might not be doing their job quite right. Maybe we're breathing through our mouths instead of our noses, or perhaps our tongue doesn't quite rest where it should.

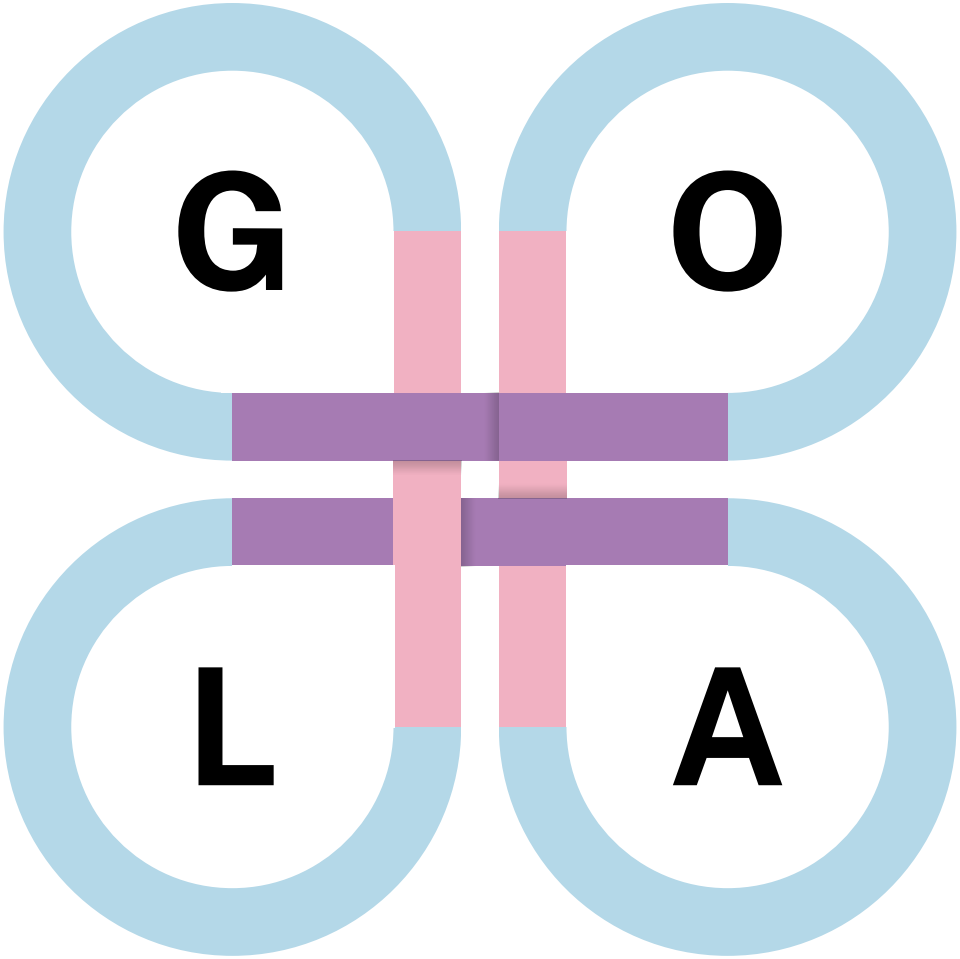
That's where myofunctional therapy comes in. It's like a coach for your mouth muscles, helping them get into tip-top shape. With exercises and techniques tailored to your needs, myofunctional therapy can help improve things like breathing, swallowing, and even the alignment of your teeth and jaw.

SEE OUR PROGRAMS! 👆



4 Goals of Myofunctional Therapy

1. Nasal Breathing
2. Correct tongue resting position



3. Lip Seal
4. Correct Swallow Pattern

Nasal Breathing CHECKlist



- [x] Daily nasal hygiene
- [x] Remove known allergens
- [x] Support immune system
- [x] Investigate physical obstructions
- [x] Get assessed for oral ties
- [x] Nasal breathing activities

ORAL PROPS TIME *line*

	Newborn 0-3 months
Pacifier is okay to use	
	4-6 months
Time to begin weaning off pacifier	
	6-12 months
Wean off bottles and switch to open cups	
	12+ months
Myo Munchee	
	18+ months

airways ACADEMY EST. 2025

WHAT TO WATCH FOR:

Signs your child may have **sleep-disordered breathing**

1. 
Loud or frequent snoring

2. 
Pauses in breathing during sleep

3. 
Gasping or choking sounds during sleep

4. 
Mouth breathing during sleep

5. 
Restless sleep or frequent awakenings

6. 
Difficulty falling asleep or staying asleep

7. 
Daytime drowsiness or fatigue

8. 
Difficulty concentrating or behavioral problems

9. 
Headaches upon waking

10. 
Bedwetting (enuresis)

11. 
Night sweats

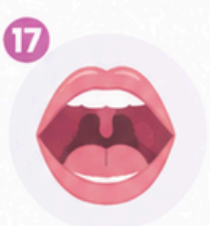
12. 
Irritability or mood swings

13. 
Difficulty waking up in the morning

14. 
Breathing through the mouth during the day

15. 
Failure to thrive or poor growth

16. 
Attention deficit hyperactivity disorder (ADHD) symptoms may worsen

17. 
Enlarged tonsils or adenoids





These symptoms, especially when observed together, may suggest the presence of sleep-disordered breathing in children and should prompt **further evaluation by a healthcare professional.**



CAUSES OF

Oral Dysfunction

Less breastfeeding
(but fed is ALWAYS best!)

Soft diets

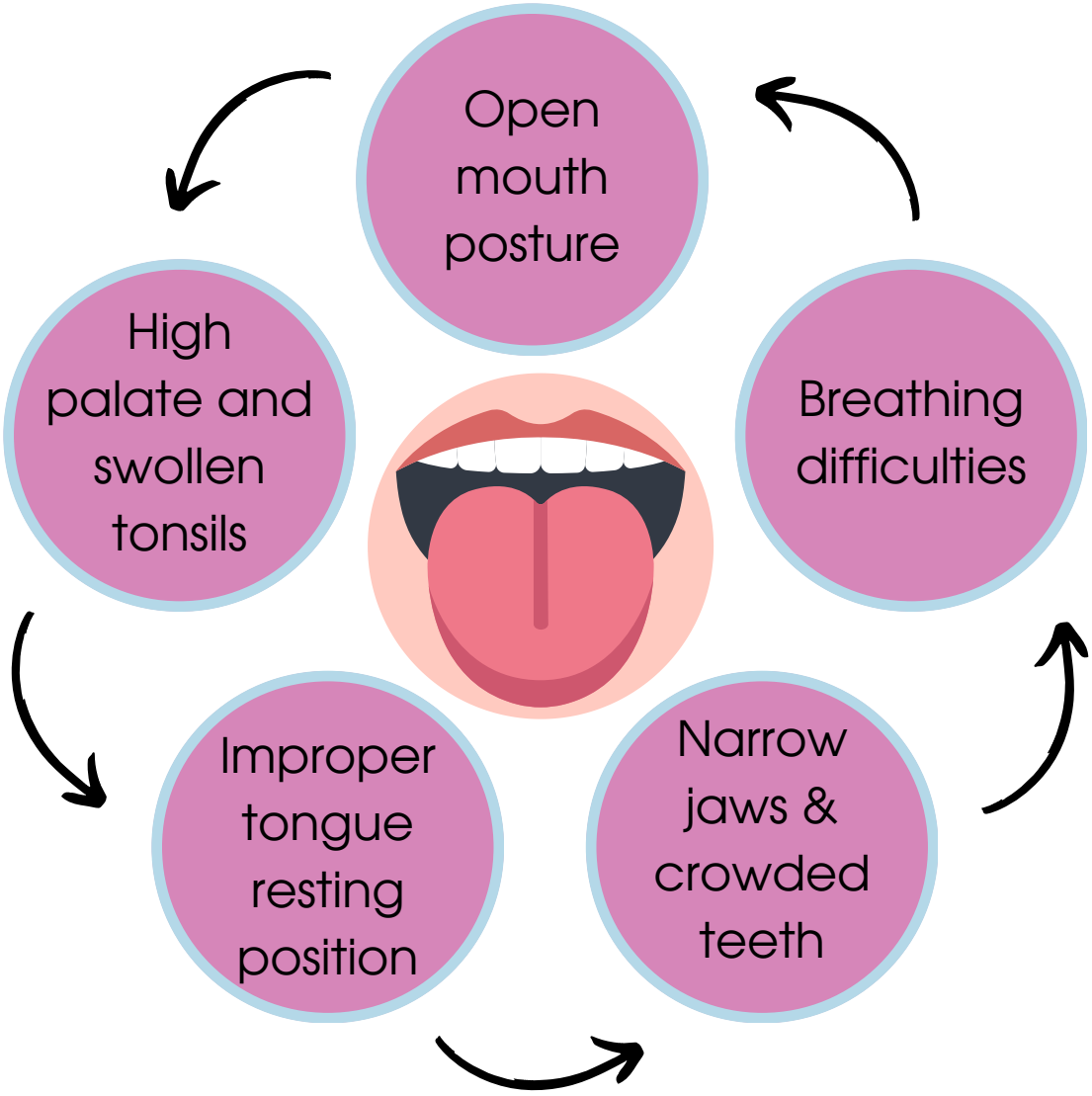
Poor tongue function

Smaller Jaws

Compromised airway

Sleep Disordered Breathing

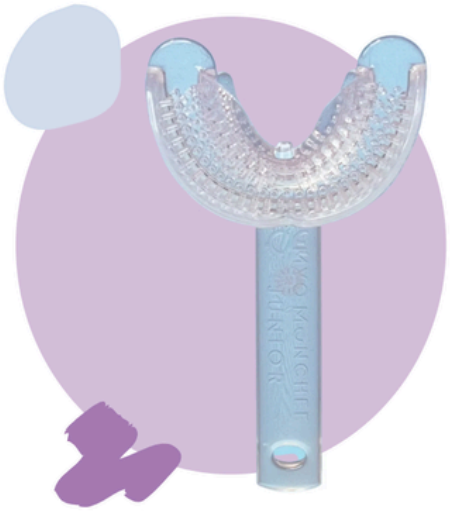
ORAL DYSFUNCTION *cycle*



Understanding the cycle is the first step toward changing it.



RECOMMENDED PRODUCTS



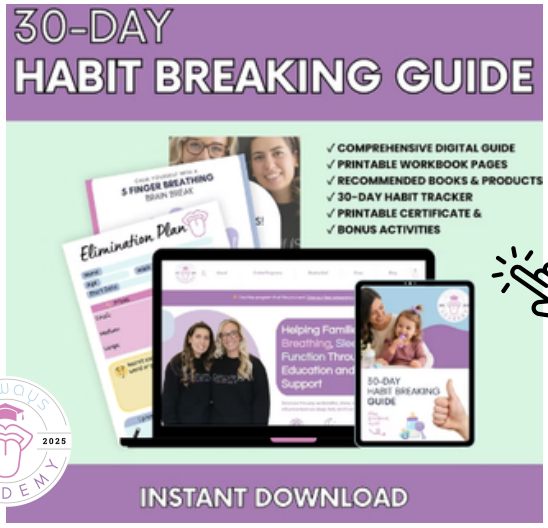
MYO MUNCHEE

A Simple Tool Designed to Support Healthy Oral Habits

The Myo Munchee is designed to support chewing, oral awareness, and healthy oral habits as part of a broader oral function routine. Suitable for children and adults, it's a simple way to incorporate healthy oral habits into everyday life.

Shop Myo Munchee

MYO MUNCHEE
SMALL DEVICE BIG IMPACT





REM:PLENISH™

Save 10% Sitewide



Evenflo Balance + Wide Bottles

READY TO *level up?*

YOU'VE GOT OPTIONS!



Programs available for all ages! 18 months to 99+

WWW.AIRWAYSACADEMY.CA