



MYOWAY
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

April 2025

MOUTH MATTERS

MYOFUNCTIONAL WELLNESS NEWSLETTER



CELEBRATING SUCCESS!

Wondering how effective our myofunctional therapy services really are? Check out this recent testimonial from the mother of one of our current clients:

"I'm so glad we decided to work with MyoWay Centers for Kids. My 7-year-old daughter was always mouth breathing, snoring and grinding her teeth while sleeping. I figured it was something she would grow out of. I'm so glad I learned that it is a real problem for her development and could take this treatment to help. She's been on it for 3 months now and when I saw her sleeping in the car the other day, her mouth was closed and she was sleeping soundly. That had never happened before anytime she would nap in the car. I knew in that moment the treatment is working!"

~ Denise S.

Our Jaw & Airway Experts



Dr. Leslie Pasco
DMD, OFM, CCBI



Ashlee Friedman
BS, RDH, OFM

Schedule a free consultation today!



724-765-0001



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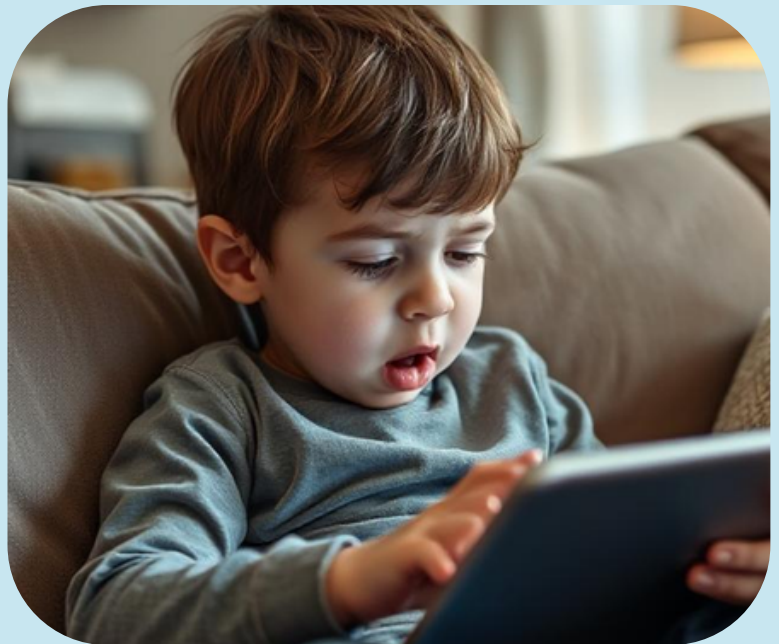


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Mouth Breathing: **IT'S NOT A BREATH OF FRESH AIR**



What's all the fuss with mouth breathing, anyway? Mouth breathing can significantly affect jaw development, especially in children. When breathing through the mouth instead of the nose, it can cause improper tongue posture and lead to a decrease in the natural support for the upper jaw. Over time, this can result in a narrow or underdeveloped palate, misalignment of the teeth, and even an improper bite. Additionally, mouth breathing may contribute to the weakening of the muscles around the face and jaw, potentially leading to an elongated or recessed lower jaw. These issues can create aesthetic concerns and functional problems, such as difficulty chewing or speaking. If left unaddressed, mouth breathing can have long-term effects on facial symmetry and overall oral health.

*No matter what we eat, how much we exercise, how resilient our genes are,
how skinny or young or wise we are — none of it will matter unless we're breathing correctly.*

~ James Nestor ~