



June 2025

MYOWAY
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

MOUTH MATTERS

MYOFUNCTIONAL WELLNESS NEWSLETTER

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WHAT TO LOOK FOR:

Here are some common indicators that a child may benefit from myofunctional therapy:

- Mouth breathing
- Snoring
- Sleep apnea
- Chronic open mouth
- Thrusting the tongue against the teeth
- Poor posture
- Difficulty chewing or swallowing
- Misaligned teeth or bite problems
- Frequent ear infections
- Dry mouth or bad breath
- Thumb sucking
- Difficulty sleeping or restlessness
- Underdeveloped jaw

Children exhibiting one or more of the symptoms above are likely a good fit for a MyoWay program.

Our Jaw & Airway Experts



Dr. Leslie Pasco
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THE MOUTH MUSCLE EXPERTS

The Role of an Orofacial Myologist



An orofacial myologist is a specialized professional trained to assess and treat dysfunctions related to the muscles of the face, mouth, and jaw. These experts focus on identifying and correcting muscle imbalances that can affect oral functions like breathing, chewing, swallowing, and speaking. Orofacial myologists are skilled in providing myofunctional therapy, which involves exercises and techniques designed to retrain the muscles to improve posture, function, and overall oral health. They work closely with other healthcare providers, such as orthodontists, speech therapists, and dentists, to support patients, particularly children, in developing healthy oral habits and preventing or addressing issues like tongue thrust, mouth breathing, and improper swallowing patterns. By improving muscle function, orofacial myologists can contribute to better facial development, more effective orthodontic treatment, and long-term oral health.

*"He who has health, has hope; and he who has hope, has everything."
~ Thomas Carlyle ~*