



MYOWAY
CENTERS FOR KIDS

Grow Right, Breathe Right, Live Better

March 2025

MOUTH MATTERS

MYOFUNCTIONAL WELLNESS NEWSLETTER



Myofunctional What?

A PATH TO HEALTHIER SMILES



DOES MY CHILD NEED MYOFUNCTIONAL THERAPY?

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

If your child struggles with one or more of the issues mentioned above, they might be a candidate for one of our programs at MyoWay Centers for Kids. Reach out to us and schedule a free consultation to find out more. Give yourself the gift of breathing easily knowing your little one can easily breathe.

Our Jaw & Airway Experts



Dr. Leslie Pasco
DMD, OFM, CCBI



Ashlee Friedman
BS, RDH, OFM

Schedule a free consultation today!

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Myofunctional therapy offers numerous benefits for children, particularly when it comes to improving oral and facial development. This therapy focuses on retraining the muscles of the mouth, jaw, and face to promote proper tongue posture, nasal breathing, and efficient swallowing. By encouraging correct muscle patterns, myofunctional therapy can help children develop better alignment of their teeth and jaws, which can prevent or reduce issues like misaligned teeth and jaws, speech problems, and even breathing difficulties. Additionally, it can improve overall facial aesthetics by promoting balanced growth of the oral and facial structures. Early intervention through myofunctional therapy can also address habits like thumb sucking or mouth breathing, fostering healthier long-term development and reducing the need for more invasive treatments in the future.

"Breathing is the first act of life and the last. Our very existence depends on it."

~ Author Unknown ~