



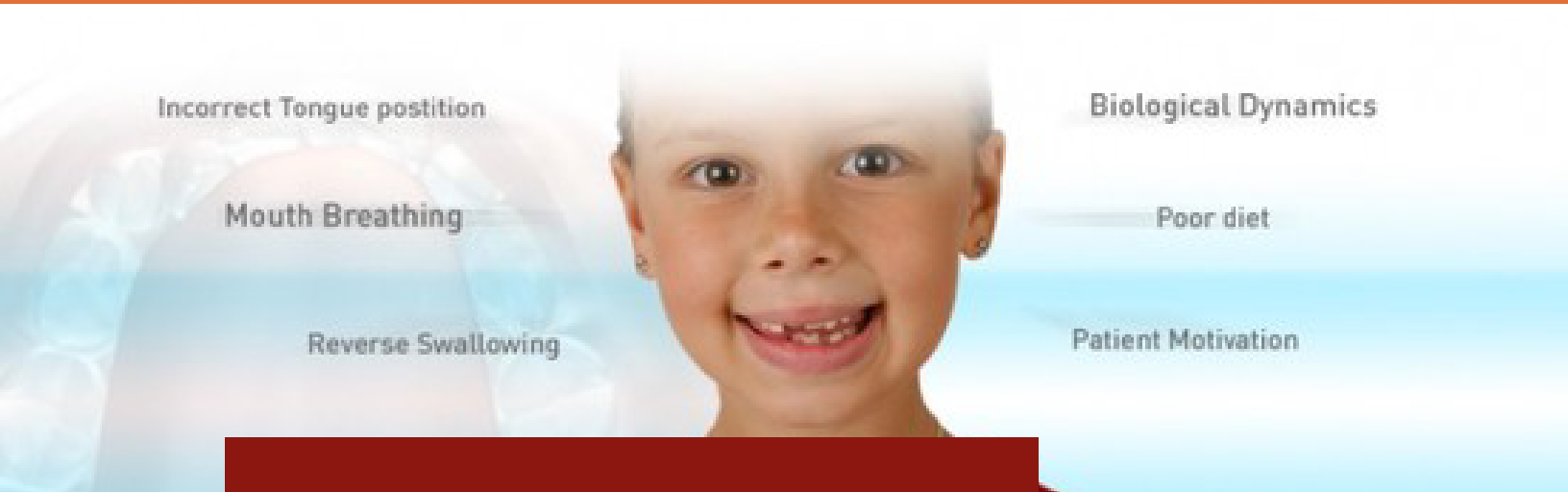
# Parent Guide for Airway Health & Jaw Development



A comprehensive guide that outlines how your child's breathing habits, tongue posture, and jaw development shape their health, sleep, and smile. Learn what's normal, what to watch for, and how early intervention can make a lifelong difference.



# Why Kids Develop Crowded Teeth & Airway Issues



3 out of 4 kids have crowded teeth, incorrectly developing jaws and airway problems. This can be evident as early as age 2-5.

Traditionally, we have waited until all permanent teeth have erupted to start orthodontics. Studies shown that by starting treatment earlier, you can help your child even more! Most orthodontic and airway issues develop because of incorrect oral habits: Mouth breathing, low tongue posture, thumb or finger sucking, tongue thrusting, and reverse swallowing. These habits prevent proper jaw growth, narrow the palate, contribute to deep bites and crowded teeth and can impact sleep and airway health. Correcting these habits early promotes wider jaw growth, better facial development, and naturally straighter teeth.



## Myofunctional Orthodontics & Bioactivator Therapy



We use customized appliances that are specific to your child's needs and myofunctional exercises that correct the oral habits causing crooked teeth and airway issues. The appliances and exercises train the tongue, swallow and lip muscles to function properly. Children wear the appliance 1 hour during the day and overnight while sleeping.

# Treatment Goals



Breathing through the nose



Lips together at rest



Correct tongue position at rest



Swallowing with the tongue resting on the palate



Good facial development



No braces, retainers or extractions



Healthy Child with well-developed airway, jaw and teeth!

# How To Re-Educate Nasal Breathing

Here are step-by-step buteyko breathing exercises to achieve nasal breathing.

## Light Diaphragmatic Breathing

- 01** Have your child lie comfortably on their back.
- 02** Place a light book on their tummy.
- 03** Inhale gently through the nose to lift the book.
- 04** Exhale slowly through the nose to lower the book.
- 05** Encourage soft, quiet, low breathing.
- 06** Continue 1–2 minutes daily.

## Buteyko Steps (Paces)

- 01** Child stands tall, lips together, nasal breathing only.
- 02** Take a gentle nasal inhale, then a gentle nasal exhale.
- 03** Pinch nose and begin walking small steps.
- 04** Stop when a mild urge to breathe appears.
- 05** Release nose and continue slow nasal breathing.
- 06** Repeat 3–5 rounds.



## Nose-Clearing Exercise

- 01** Confirm child is well (no fever).

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- 02** Take a gentle nasal inhale, then a gentle nasal exhale.

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- 03** Pinch nose closed and nod head gently.

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- 04** Release nose when urge to breathe increases.

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- 05** Resume gentle nasal breathing 30 seconds.

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- 06** Repeat 4-6 rounds as tolerated.

# Helpful Tools for Breathing & Oral Development

### **XLEAR Nasal Spray**

Supports nasal hygiene and reduces irritation.

### **Medical-Grade Mouth Tape (Daytime Use Only)**

Encourages lip seal for nasal breathing during calm daytime activities.

### **Froggy Mouth**

Trains proper tongue posture and swallowing. REMplenish Water Bottle Strengthens tongue muscles and airway muscles naturally with every sip.



# Book A Consultation

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We are here to support your child's airway, growth, and health.

**We Believe In Healthy Kids With Great Smiles!**

HarvardRdDentalCare.com

2026