

Cari's Professional Book Club Notes

Book Title: Sleep-Wrecked Kids

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Week 6: February 16, 2020

Chapter 5: How to Build a Healthy Airway

Important Take-Aways:

1. This chapter is about how healthy sleep requires a healthy airway. When the muscles of the face, mouth and throat do not develop well or are not used properly, children may experience sleep-disordered breathing. The author explains how to promote orofacial myofunctional health. “Oro” means mouth, “Facial” means face, “Myo” means muscle, and “function” refers to the way the system works.
2. The chapter begins with an explanation of what to look for in a myofunctional assessment: The face, mouth and throat are examined from three different perspectives: how it looks, how it sounds, how it works. Any functional problem diagnosed is known as an orofacial myofunctional disorder. Graham Speech Therapy has an excellent oral facial exam that you can purchase (www.grahamspeechtherapy.com). A Throat Scope is a must have product for doing thorough oral facial exams.
3. The author refers to myofunctional therapy as just “Myo” in this chapter. Myo is a therapeutic technique used to educate or re-educate the oral and facial muscles for optimal breathing, sucking, eating, and drinking...eliminating harmful habits and correcting problems.
4. Myo is an emerging field of medicine that currently functions as a sub-specialty within existing health professions such as speech pathology or dental hygiene.
5. For those of us who are not Myo experts, our responsibility is to call attention to myofunctional red flags and refer to the appropriate specialists.
6. The author outlines some strategies for optimizing airway health for the young child so that the face, mouth and throat in the upper airway all develop in a healthy manner.
 - a. Breastfeeding stimulates the palate through strong tongue movement against the palate and the gums (for babies who are bottle-fed, the author outlines

- specific strategies to promote good facial development: feed as upright as possible, use a bottle that requires the muscles of the face, mouth and throat to mimic sucking during breastfeeding, supplement with orofacial massage)
- b. Engage in early orofacial and sound imitation games with baby (blowing raspberries, making big noisy kissing sounds, popping the lips, ear to ear smiling, clucking like a duck)
 - c. Provide lots of opportunities to chew on appropriate teething toys
 - d. Focus on breathing through the nose, not the mouth
 - e. Play mouth instruments (whistles, kazoos, harmonicas) or blow a pinwheel and focus on taking a breath through the nose between each blow
 - f. Offer solid foods that require chewing (talk about how different animals chew their food; Melanie Potock has a new children's book out called "You are Not an Otter" that is all about this topic)
 - g. Limit bottles, sippy cups and pureed foods
 - h. Offer open cups starting at age 6 months of age
 - i. Encourage the muscles to rest in the right place (ideal position at rest is tongue up on the roof of the mouth, lips together, and back straight)