



GETTING STARTED WITH MUNCHEE:

Welcome to Munchee! We believe the Munchee encourages proper muscle function, tongue posture and nasal breathing and healthy growth. We can encourage proper growth and development, that will benefit our children for the rest of their lives. The most important part of using a Munchee is commitment and consistency. Here are a few tips to help get you started. We care deeply about your child's teeth, jaws, airway and sleep and we are here to answer any questions or concerns you may have.

6 easy steps to get started:

1. Rinse with water before each use
2. Get it oriented correctly: make sure the "lip" indent is on top
3. Ready, set, chew! The teeth need to fit within the arches of the appliance and the lips are closed around the appliance.
4. Munching. Always keep the lips CLOSED around the Munchee while chewing. The movements of the chewing should be slightly exaggerated and incorporate all ranges of motion. Keep the lips sealed throughout the entire chew session.
5. Trouble shooting: some children have difficulty maintaining lip seal over the appliance causing damage to the Munchee. The two most common issues are chewing lips open and chewing on one side or corner of the appliance. These habits need to be checked as early as possible as they will shorten the Munchee's lifespan.
6. Chewing with children works best when they have a defined beginning and end point. Using a sand timer, reading a story or listening to a song helps children to stay engaged. We also recommend incorporating the Munchee into your existing routines - bath time, bed time stories, etc...

Suggested Protocols:

- Begin slowly. The extra saliva and large Munchee can be overwhelming for a young child.
- If your child refuses the Munchee, offer the handle and ask your child to chew on each side 10 times.
- Start with PASSIVE use for 30 -60 seconds (lips closed around Munchee)
- Once tolerated, start CHEWING for small periods of time with lips CLOSED
- Small, slow progressions are ideal in a younger age group
- Our goal is to build up to active chewing with lip sealed for 5 minutes, 2-3x/ day.

Caring for your Munchee:

- Rinse: always rinse your Myo Munchee with cold running water before and after each use.
- Sprinkle: you can also sprinkle your Munchee with bicarbonate soda, rub gently and then rinse for an extra clean.
- Store: ensure you dry your Munchee and store to allow air flow to prevent mold.
- Boil: for extra deep cleaning, boil for ONE MINUTE.

Why Munchee?

- Active use of Munchee promotes nasal breathing, proper swallow and tongue posture.
- Active use promotes afferent input to chewing and swallowing cranial nerves (CN IX, X, VII and XII) assisting coordination and repatterning of breathing, chewing and swallowing.
- Helpful tool to address some structural and myofunctional imbalances that contribute to mouth breathing via pacifier and thumb sucking.
- With the Munchee in place the patient is required to employ correct swallowing strategies.
- The size of the Munchee inhibits aberrant function of the lip and facial muscles.
- Use of the Munchee assists strength development of orbicularis oris, helping maintain lip seal and subsequent saliva management.
- Munchee helps patients to achieve proper function, with the tongue suctioned up to the roof of our mouths, creating natural palatal expansion. It also helps to keep our lips closed, ideal swallow and proper nasal breathing

MUNCHEE MOVES:

