Did you know the size of the jaws has a profound influence over a person's general health for their entire life?

Jaws that do not grow to their full potential may cause a decrease in airway size and contribute to

1) sleep disturbance
2) learning difficulties
3) increased allergy
4) decreased attention span and ADHD
5) behavioural issues
6) risk of sleep apnoea, diabetes, heart disease, high blood pressure, cancer

Small, under-developed jaws can also lead to –

Crooked teeth
Increased decay
Need for braces
Impacted wisdom teeth

Things we can do to help a child develop their jaws and faces to the correct size

Baby

Breastfeed

Get baby assessed for tongue tie and treated if necessary

Avoid dummies and finger/thumb sucking

Make sure they are breathing through the NOSE

When introducing solids give foods baby can hold and need to chew on and avoid purees and sloppy foods

Toddler

Avoid sippy cups

Assess allergies and hayfever and treat if present

Avoid foods that may trigger allergies

Ensure nose breathing at all times

Have snoring of any child assessed and treated

Check for enlarged tonsils and adenoids

Age 4

Assess teeth and jaw size

Use orthotropics (Myobrace or Myomunchee system) and orofacial myology if needed

Ensure nose breathing at all times

Address and treat snoring if present

Check for enlarged tonsils and adenoid

Age 7

Reassess jaw size and position of unerupted teeth

Orthopaedics if jaw size is too small

Ensure nose breathing at all times

Assess for tongue ties and treat if necessary

Age 11

Orthodontic assessment

Ensure nose breathing at all times

Adult

Get sleep study if persistent tiredness in day or poor sleep

Address snoring

Ensure nose breathing at all times