



To Do List for Tongue Thrust & Orofacial Myology

1. Keep allergies and nasal congestion under control
2. Eliminate sucking habits
3. Encourage toddlers to drink from straws and open cups
4. Take time at meals to chew with lips closed
5. Keep lips closed for breathing day and night
6. Resolve speech problems early
7. Start dental treatment by age 1
8. Seek early intervention

The specialists at *Jodie K. Schuller & Associates Therapies for Success* have been treating tongue thrusts, open-mouth breathing and speech disorders for over 35 years.

Enjoy our freebie on achieving success with healthy nasal breathing!