

**MYO MUNCHEE**<sup>TM</sup>  
SMALL DEVICE **BIG** IMPACT

**BEBE**



**MYO MUNCHEE™**  
SMALL DEVICE BIG IMPACT

## How to use your Myo Munchee Bebe

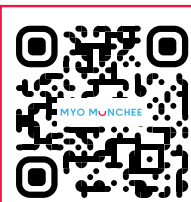
**Please read this guide fully before use.**

For more detailed information, please familiarise yourself with our educational material on our website and speak with your Munchee Certified Bebe Practitioner.

To find your nearest Munchee Certified Practitioner go to our website:

**[www.myomunchee.com/find-practitioners/](http://www.myomunchee.com/find-practitioners/)**

or scan the QR codes below.



**Our  
Website**



**Myo Munchee  
Bebe  
Highlights**



**Evidence based  
Guidelines  
for Safer use  
of Pacifiers**



**Why Children  
Must Chew  
eBook**



## Why Myo Munchee Bebe?

In our busy world of modern conveniences, the Bebe was birthed from the realisation of the lack of oral stimulation that babies are experiencing.

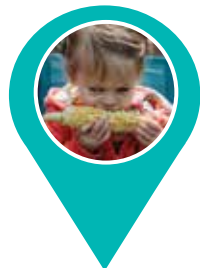
Processed mushy baby food, squeeze packs, pacifiers, bottles and sippy cups all keep the suck reflex active when a baby should be developing their chewing pathways, optimising development on all levels.

The natural growth forces generated from correct chewing make a big contribution to growing faces and maintaining ideal oral function for life.

### Oral Developmental Milestones



## Oral Developmental Milestones *continued*



From ages 2-4 years we will start to see many of the signs of oral dysfunction become obvious such as:

- open bite
- mouth breathing
- sleep disturbance
- ear issues
- allergies
- oral motor weakness
- sinus congestion
- dribbling
- drooling
- speech issues

2

Years

4

Years

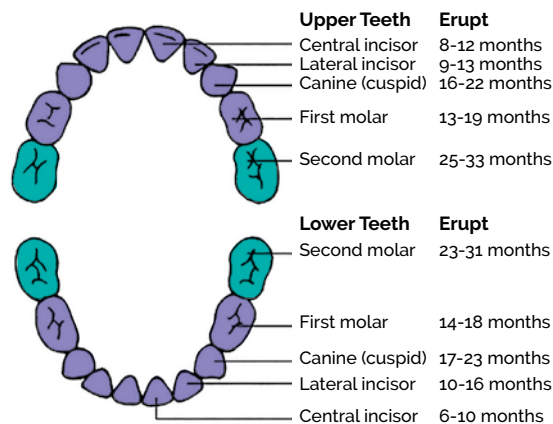
### Chew with closed mouth

By age 2 years the jaw, lips, cheeks and tongue move independently of each other and the child should be able to manage most foods in bite-sized pieces and can chew with lips closed!

Tongue and jaw movement plays an important role in the shaping of the palate which is essential for proper bone growth.



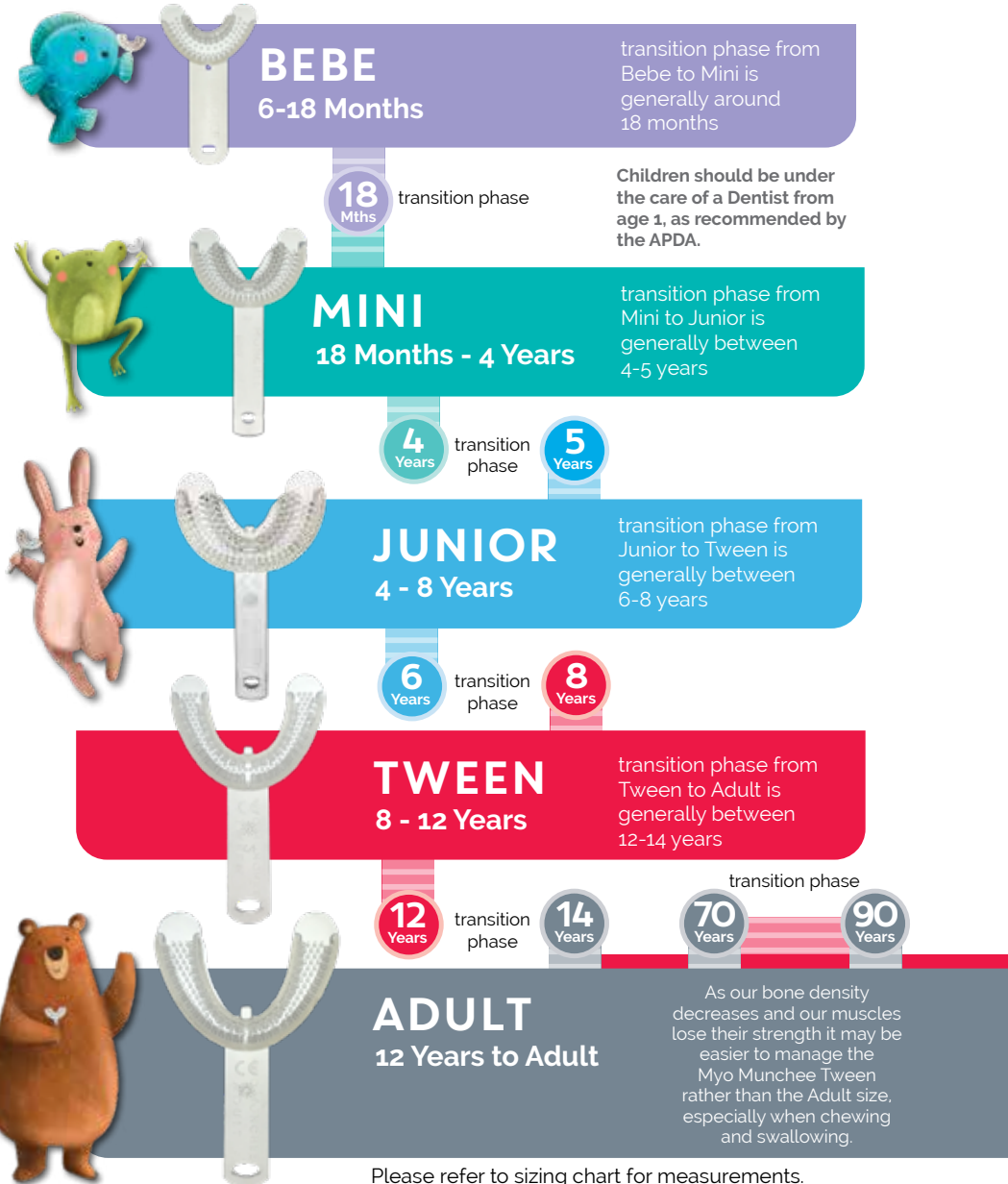
Teeth eruption chart  
6 month-4 years of age



### Chewing

- Regulates bone growth
- Stimulates saliva production
- Activates muscle tone and function

## Sizing Guide Flowchart



## The movements learned in the first 18 months of a child's life are foundational for future essential functions.

### Early Development

Much of a baby's early development is in relation to how they are interacting with their environment and the 'oral phase' of development is often talked about.

Over one-third of all sensory information to the brain is coming from the lower one-third of the face. This means one thing... **what goes into a baby's mouth can have a big influence on overall development.**



**We are seeing an increased use of pacifiers, including in frequency and number of years they are being offered.**

**The combination of soft foods and dummy/pacifier overuse is leading to under development of the jaw bones and less strength in the muscles for many children.<sup>2</sup>**

Poor muscle strength can mean that the lips have trouble staying together and mouth breathing patterns can develop.

These muscle weaknesses can also lead to issues with ear and sinus congestion - as muscular strength and patterning is required for efficient drainage to occur.



<sup>1</sup> It Takes a Mouth to Eat and a Nose to Breathe: Abnormal Oral Respiration Affects Neonates' Oral Competence and Systemic Adaptation.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3397177/>

<sup>2</sup> 'Safer guidelines for Pacifier use'.

## The Bebe is perfect for little hands and growing jaws





## Oral Milestones

If you're a parent, there's no doubt you're aware of the physical milestones your child should be meeting as they grow and develop: sitting, crawling, walking.

You probably know when they are due for their next neurological leap—and you're likely to be painfully aware of their sleep milestones and all the theories surrounding that particular area of healthy development.

However, you may not be aware that there are **Oral Milestones** your child should be meeting as well!

In fact, oral development is often overlooked, despite its increasing importance for our children's healthy growth and development - well beyond the mouth!

### Signs that may indicate less than optimal oral function would be:

- Mouth open posture
- Excessive dribbling and drooling
- Retruded lower jaw
- Blocked sinuses (allergies need to be ruled out)
- Inability to swallow solid food - tongue thrusts food forwards

**Any of these may indicate the need to work with a practitioner.**



### 0-6 Weeks

Suck-swallow-breathe co-ordination.



### 6 Weeks to 3 Months

They are stimulating and activating the oral responses and developing new ways to use their tongue muscles.



### 3 Months to 6 Months

Giving them plenty of objects of different sizes, shapes and textures is important so that they have plenty of oral sensory information feeding back to their brain.

It is important to minimise pacifier use, as this limits the amount of activity of the tongue muscles and will have an impact on the way the shape of the jaws will develop.



### 6 Months to 9 Months

This will define the front boundary of the jaw and the tongue will now stay inside this defined edge.

Over the next few months more front teeth will come in to further define this boundary.



### 9 Months to 12 Months

By this age your baby should be eating a wide variety of foods with different textures, sizes and shapes.

Wholefoods are essential so that they get the full sensory experience from eating - the feel, smell, taste is all part of the experience.

One third of all sensory information that is being relayed to the brain is coming from the mouth as there are a lot of sensors in the lips, face and tongue.



### 12 Months to 18 Months

Toddlers should be able to chew with mouth closed and nose breathe.

Make sure they are contained and seated (in age-appropriate chairs) while eating and encourage them not to over fill their mouth or talk while eating.

By age 2 years they will have their 2-year-old molars and will be capable of the more complex rotary chewing actions.

We can now see how the jaws are coming together (occlusion).

## What does ideal oral function look like in the first 18 months of life?

# When to begin

Follow the simple visual pathway below to understand the oral development milestones from 4–18 months of age. The Myo Munchee Bebe can be introduced from 6 months under the guidance of a Practitioner. A baby's early oral movement pattern is how their brain learns to co-ordinate the essential movements required for **chewing, swallowing, nose breathing, speaking and drinking** - making optimal oral-facial function crucial to development.

## THE BASICS

### START HERE

Rinse with water before use. Place the Myo Munchee Bebe near the mouth, with the indent facing up. Let baby bring the Bebe to mouth and explore!



BREATHE  
THROUGH  
nose

lips  
CLOSED

4-6  
months

All babies are born obligate nose breathers and this is essential for the **Suck-Swallow-Breathe** sequence to work efficiently.

6-8  
months

8-10  
months

12-18  
months

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# Working with Infants

At Myo Munchee we do understand the complexities of working with infants and toddlers and know that we cannot always get them to do what we would like – *especially when it comes to putting things in their mouth!*



## Fun *with your* B E B E

- Dip it in and out of water - allowing them to do it - bath time can be good or while they are sitting in their high chair waiting for dinner.
- Try freezing it – can be great for teething!
- Dip it in apple puree.
- Singing them a song while they do it - ***“This is the way we chew, chew, chew. Chew, chew, chew. Chew chew chew”*** is a good one.
- Distraction is key and will make a big difference to the amount of engagement – reading stories and showing them other engaging toys.
- Having older children using their Myo Munchee at the same time is a great way to get them interested.



### Baby-led Bebe time

Babies will usually really enjoy their interactions with the Bebe and will happily be chewing on it with the mouth piece all the way in (remember to start with short interactions frequently).

It is always important to allow your child to take the lead - do not force the Bebe all the way into their mouth if they are not comfortable.

We recommend that the baby is holding the Bebe independently.

If you find that they do not put it all the way into their mouth it may indicate that they are not comfortable breathing through their nose.

***For these babies it will be important to work with a practitioner who is assessing their airway function.***



# 4 basic steps

What to do when you receive your Myo Munchee Bebe device.

Here are some guidelines on how to work with babies:

**Let them choose** - let them hold the Myo Munchee Bebe themselves and bring it to their mouth.

**Allow them to explore it** - tongue, lips and hands are all good. Lots of sensory awareness will be stimulated.

Once they are happily engaging with it, you can then encourage it all the way into their mouth for short periods of time, 5-10 seconds to start.

This is when the lips will come together around the appliance and the real magic will occur.

Make sure they are enjoying it and do not force it for them. Small amounts of time, many times per day is better than one longer time. We want to avoid any negative association and them not wanting to engage.

**Make it fun** - we want it to be something they look forward to as a time of engagement with you – sing, dance, dip it in a healthy taste they love or do it with them!



**1** Rinse your Myo Munchee Bebe with fresh water before you begin.



**2** Hold the Myo Munchee Bebe with the indent face up and place next to the top lip.



**3** Begin slowly and let baby explore the Bebe to bring it to their mouth.



**4** Offer the Bebe multiple times per day, for short periods of time to begin with.

## Care Guide

Your Myo Munchee Bebe device will give you fantastic oral care and strengthening benefits. To make sure you receive the full benefits of the device please follow the instructions for use carefully.

Your Myo Munchee Bebe has been made with the highest quality medical-grade silicone and is quality tested before reaching you.

### AFTER EACH USE

Rinse the Myo Munchee Bebe after use and store with air flow around the device. Rinse before next use.

To sanitise, remove any food debris and pour boiling water over the Myo Munchee and leave to cool. Store away from direct sunlight in an area that allows air circulation around the device.

Please be aware that the Myo Munchee Bebe is designed to be both flexible to exercise the jaws as well as strong to withstand the pressures of being chewed.

Your jaws are designed to break down and tear what you chew... so be careful!

To extend the life of your Myo Munchee device please proceed with use slowly, closely following the instructions for use and remember...

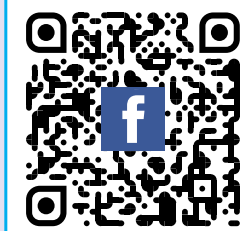
**lips together is essential  
to receive the full benefit of  
the Myo Munchee.**



## Need help with your Myo Munchee?

**The Myo Munchee team is  
always here to help!**

Have a look at our Facebook page for ideas on how to keep it fun and interesting for kids. Simply scan the QR code:



Facebook





**Myo Munchee  
(Operations) Pty Ltd**

**[www.myomunchee.com](http://www.myomunchee.com)**

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