

Breathing Dysfunction in Children

- Origins, Consequences and Treatment Strategies

A seminar on the breathing retraining approach to restore nasal breathing and enhance airway function, orofacial development and sleep quality



The detrimental effects of the open-mouth posture and the mouth breathing habit on orofacial development, dentition and stability of orthodontic correction are well researched. There is a high incidence of habitual mouth breathing in school-aged children and up to three quarters of children have crowded teeth and incorrectly developing jaws. The detrimental effects of dysfunctional breathing are also well recognised as contributing to asthma, allergic rhinitis, snoring, sleep apnoea and ADHD.

This presentation will highlight mechanical, physiological and biochemical interconnections between a dysfunctional breathing pattern and airway, dental and general health issues. It will define the role of breathing retraining in restoring silent, rhythmic nasal breathing and thereby improving sleep quality, general health and dental-orthodontic outcomes.

This presentation is designed for dental and allied health practitioners promoting an integrative approach to dentistry medicine.

After this session participants will be able to:

- Recognise the various elements of a dysfunctional breathing pattern
- Perform an assessment of baseline breathing pattern
- Understand the link between dysfunctional breathing patterns, sleep-breathing disorders, respiratory disorders and oral function, facial development and aesthetics
- Identify actionable approaches for improving dental-orthodontic outcomes and sleep quality for patients with open-mouth posture and mouth breathing habit



Lecturer

Tess Graham (BSc, Post Grad Dip Physiotherapy, Dip Buteyko Breathing Method) has devoted over 20 years to breathing education and breathing retraining, uncovering the essential principles of good breathing and applying them in the simplest way to achieve extraordinary outcomes. Tess has been involved in research with asthma, sleep disorders and sports performance and has delivered breathing retraining programs to over 5,500 people. She is author of the book, *Relief from Snoring and Sleep Apnoea* (Penguin Aus 2012) and has developed the BreatheAbility® for Health Programs. Tess is a specialist in both the science and art of breathing.

FORMAT

1.5 hour seminar on the principles and benefits of breathing retraining for dental practice

OTHER FORMATS

1-day workshop (6 hrs): The Basics of Healthy Breathing in Dental Practice

– Includes theory, breathing training principles and basic strategies to restore nasal breathing

4 session course with follow-up (22 hrs): Breathing Basics Program for Children (Introductory Level of Breathing Retraining)

– Includes as above plus observation of (live) patient assessment, consultation and participation in an (introductory level) breathing training course.

To organise a seminar, workshop or course for your practice, network or association, email: admin@BreatheAbility.com or call + 61 (0) 2 81881343