

To assist development
of teeth and jaws in
the growing child

AGES 2 TO 5



*infant*TM
TRAINER

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Patient information

The correct growth and development of your child is just as important as their health and education. Children develop most rapidly between the ages of 2 and 5 years. During this period, 70% of the growth of your child's face and jaw occurs. Unfortunately, the majority of children do not experience correct facial and jaw development, resulting in unattractive faces and crowded teeth.

Children naturally want to chew objects. This is an important impulse that ensures the jaw receives the exercise it requires to develop correctly.

Primitive races turned to hard foods, bones and raw vegetables to achieve this development. Our children often don't have access to this kind of stimulus, and as a result they experience many problems related to the growth of their face and jaws. A child's instinct is to chew to stimulate jaw growth, but modern diets do not properly cater for this.

Children also develop habits like thumb sucking, incorrect swallowing and mouth breathing. All of these habits create poor facial growth, an underdeveloped lower jaw and crowded teeth. The early prevention of these problems is the best way to ensure your child achieves their full potential.



How it works

The *Infant Trainer*[™] has several key features to assist the growth and development of your child:

- 1 The **air spring** allows a gentle, active stimulation to the growing facial and jaw muscles.
- 2 The **tongue tag** actively trains the child to position their tongue and swallow correctly.
- 3 When in place, the **tongue guard** prevents thumb sucking and subsequent tongue thrusting. This breaks a serious habit that causes many dental and jaw joint (TMJ) problems in later life.

Research shows that mouth breathers have less attractive faces than conventional nose breathers. The design of the *Infant Trainer*[™] teaches your child to breathe through their nose. The change of breathing patterns has been shown to correct jaw growth and improve general health.

Convenient strap-tether

Young children will use the *Infant Trainer*[™] for a short period and then spit it out, just like a dummy. In time, the child will want the *Infant Trainer*[™] back as they feel the need to chew again.

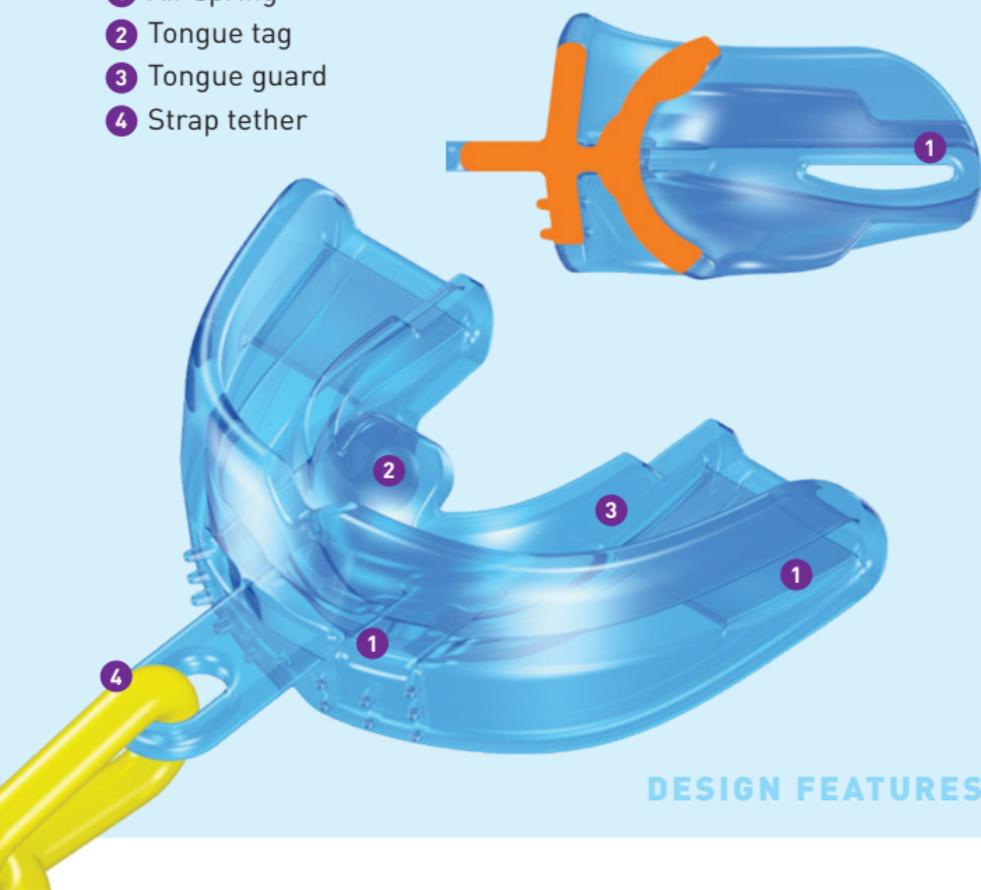
A convenient quick release strap is provided with each appliance. This strap can be attached to a child's clothing, and avoids the *Infant Trainer*[™] falling to the floor when it is spat out. The child can use the *Infant Trainer*[™] at night before sleep, and the convenient strap ensures that it will be easily found in the morning.

The Infant Trainer™

The *Infant Trainer*™ from *Myofunctional Research Co.* (MRC) is an active exerciser that encourages your child to chew correctly while using the jaw muscles. Most importantly, the *Infant Trainer*™ makes your child breathe through their nose, but it also trains them to swallow and position the tongue correctly. Research clearly illustrates that correct facial, jaw and dental growth depends strongly on all of these factors.

The *Infant Trainer*™ may prevent the need for orthodontic treatment such as braces and extractions as your child grows older. MRC has a series of integrated *Trainers* for mixed and permanent teeth to ensure your child develops correctly as new permanent teeth appear from ages 6 to 12 years.

- 1 Air spring
- 2 Tongue tag
- 3 Tongue guard
- 4 Strap tether



DESIGN FEATURES

Indications for use

Show the *Infant Trainer*™ to the child and allow them to hold the handle. Encourage them to put it into their mouth. Children from ages 2 to 5 years will naturally chew on the *Infant Trainer*™. Allow them to associate the appliance with playtime, and encourage them to keep it in their mouth.

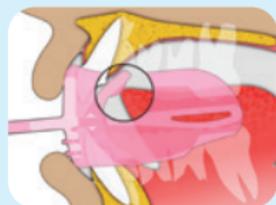
Use for 10-20 minutes twice daily – this is sufficient to have a positive effect on children's jaw muscles, swallowing and breathing. It is best to continue daily use during this critical growth stage.



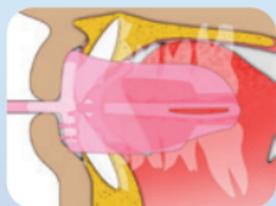
Step 1 – Hold the *Infant Trainer*™ with the tongue tag facing up.



Step 2 – Place the *Infant Trainer*™ into your mouth.



Step 3 – Keep your tongue positioned on the tongue tag.



Step 4 – Gently bite down on the *Infant Trainer*™.



Step 5 – Keep your lips together and breathe through your nose.



The *Infant Trainer*™ is part of *The Trainer System*™ by *Myofunctional Research Co.*

Many children's faces and jaws do not develop correctly. Soft diets, dummies, thumb sucking, baby cups and mouth breathing all contribute to poor facial and dental development. Primitive races had hard foods, no dummies, no baby cups and no allergies. As a result of this they had well developed jaws, straight teeth and wide, attractive faces - plus no tooth decay.

The *Myofunctional Effect*™

All appliances in the *The Trainer System*™ are designed to re-train the oral musculature (the *Myofunctional Effect*™). This assists in the correction of tooth and jaw alignment. If left untreated, myofunctional habits such as mouth breathing, incorrect swallow and tongue thrusting will be detrimental to correct facial and dental development and any future orthodontics.

Cleaning your *Infant Trainer*™: Run your *Infant Trainer*™ under warm water every time you remove it from your mouth and allow it to dry. We recommend using *Myoclean*™ tablets for all your oral appliances twice a week. Ask your practitioner about *Myoclean*™.

CAUTION: CHILDREN MUST BE SUPERVISED BY AN ADULT WHEN USING THE *INFANT TRAINER*™.

Lifetime use: 6 months based on everyday wear. Replace after 12 months regardless of wear time. At the first signs of appliance cracking, damage or discolouration, speak to your health practitioner.



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**MYOFUNCTIONAL
RESEARCH CO.**

INNOVATIVE DENTAL APPLIANCE
TECHNOLOGY AND EDUCATION



SINGLE PATIENT
MULTIPLE USE



KEEP OUT
OF DIRECT
SUNLIGHT



NON
STERILE
CLEAN
BEFORE USE