

## The INFANT TRAINER™ is part of the TRAINER System™

It is well known that the majority of our children do not develop their jaws and face correctly. This results in crowded teeth and unattractive faces. 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 INFANT TRAINER™ has three main functions: to provide gentle exercise for the jaws and facial muscles (via four independent **Air Springs**); to retrain the tongue for correction positioning and swallowing (**Tongue Tag**); and to encourage correct breathing through the nose.

### The Myofunctional Effect™

All appliances in the TRAINER System™ are designed to re-train the muscles of the mouth (the Myofunctional Effect™). This assists the normal development of the teeth, jaws, and brain.

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.



# To assist development of teeth and jaws in the growing child

AGE 2-5



### INSTRUCTIONS FOR USE

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.



Place the **Infant Trainer™** in the mouth.



Gently bite down on the **Infant Trainer™**.



Keep lips together and breathe through nose.

**PARENTAL SUPERVISION IS RECOMMENDED. CAN BE USED OVERNIGHT FOR ADDED BENEFIT.**

THE INFANT TRAINER™ IS MADE FROM MEDICAL GRADE SILICONE AND TPR (THERMOPLASTIC RUBBER). CONTAINS NO PVC OR LATEX.



# infant™ TRAINER

WORLDWIDE PATENTS: 5,259,762; 5,624,257; 656715; 676142; 60/618,691 (PATENT PENDING); 10/639,149 (PATENT PENDING)

# 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, a retruded lower jaw and crowded teeth. The early prevention of these problems is the best way to ensure your child achieves their full potential.



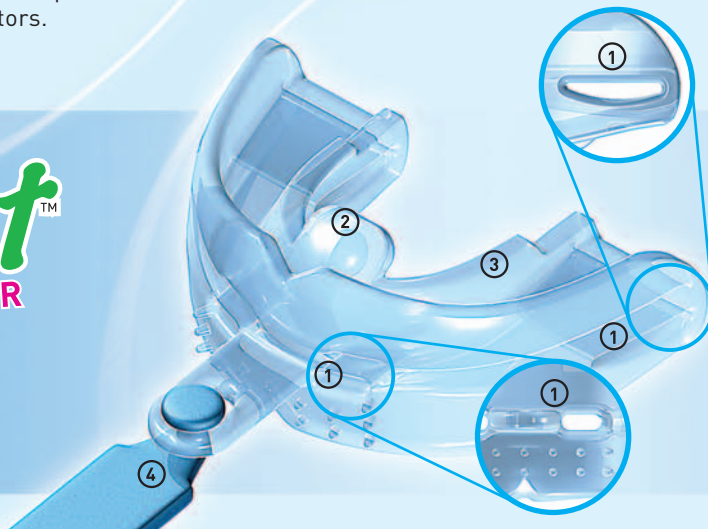
## THE INFANT TRAINER™

The **INFANT TRAINER™** from Myofunctional Research Co. (MRC) is an active exercise 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. See [www.myoresearch.com](http://www.myoresearch.com) for more information.

**infant**  
**TRAINER**

- ① Air Spring
- ② Tongue Tag
- ③ Tongue Guard
- ④ Strap-tether



## 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.

### HYGIENE

The **INFANT TRAINER™** can be sterilised by boiling for 10 minutes if needed. Usually it is sufficient to rinse with warm water and replace back in the container provided.

### 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.

