

Myo Munchie – Information Sheet

Supporting Oral-Motor Development, Sensory Input & Muscle Activation

At Children's Therapy Services, we use a range of evidence-informed, functional neurology and oral-motor approaches to support children's neurological, sensory, feeding, and communication development. Myo Munchie® is one of these tools, providing structured chewing input to strengthen the muscles of the mouth, improve coordination, and support overall oral function.

What Is Myo Munchie®?

Myo Munchie® is a soft, medical-grade, chewable device designed to strengthen the muscles of the jaw, lips, tongue, and face through structured chewing. It provides resistance and sensory feedback to support oral-motor development and functional skills such as chewing, swallowing, breathing, and speech.

Myo Munchie® is available in age-specific sizes and is used as part of a broader therapy program targeting oral-motor skills, breathing patterns, and feeding development.

It is used to:

- Improve tongue, jaw, and lip strength
- Support oral-motor control for speech, feeding, and swallowing
- Encourage nasal breathing and correct oral posture
- Enhance coordination of chew–swallow–breathe patterns
- Provide sensory input to increase oral awareness

Why We Use Myo Munchie® in Our Clinic

Children with speech, feeding, or oral-motor challenges may have reduced muscle tone, poor coordination, or inefficient breathing patterns. Myo Munchie® helps target these foundational skills by strengthening the oral muscles and improving neuromuscular coordination.

Myo Munchie® may be used to support:

- Improved chewing and feeding skills
- Better oral posture and lip closure
- Reduced mouth breathing
- Enhanced speech clarity
- Improved coordination of oral-motor movements

Understanding How Myo Munchee® Supports Therapy

Oral-Motor Strength & Coordination

- Strengthens tongue, jaw, and lip muscles
- Improves chewing efficiency and swallowing
- Supports speech articulation

Breathing & Oral Posture

- Encourages nasal breathing over mouth breathing
- Supports correct tongue resting posture
- Promotes lip closure and facial muscle balance

Sensory Feedback & Regulation

- Provides proprioceptive and tactile input to the mouth
- Enhances oral awareness
- Supports sensory regulation and calming

Functional Neurology & Integration

- Supports coordination between brain and body systems
- Enhances left/right hemisphere integration
- Improves readiness for learning and therapy

How Myo Munchee® Is Used

Myo Munchee® is typically used in short, structured sessions, either in clinic or at home under guidance.

A typical program may include:

- Initial assessment of oral-motor skills and breathing patterns
- Selection of the appropriate device size
- Short daily chewing sessions (approximately 5–10 minutes)
- Integration with oral-motor exercises and therapy activities
- Monitoring progress and adjusting the program as needed

What Are the Benefits?

- ✓ Improved oral-motor strength and coordination
- ✓ Better chewing, swallowing, and feeding skills
- ✓ Enhanced speech clarity

- ✓ Improved breathing patterns and oral posture
- ✓ Increased sensory awareness and regulation
- ✓ Greater participation in daily activities

Who May Benefit?

Myo Munchee® may support children who experience:

- Feeding or chewing difficulties
- Speech and articulation challenges
- Mouth breathing or poor oral posture
- Low muscle tone in the face or jaw
- Sensory processing differences
- Developmental delays impacting oral function

Is Myo Munchee® Safe?

Yes. Myo Munchee® is a non-invasive, soft, and chewable device that is safe when used under professional guidance. It is always used as part of an individualised therapy plan to ensure safe and effective outcomes.

Our Approach at Children's Therapy Services

Myo Munchee® is integrated into a whole-child, individualised therapy plan which may include functional neurology, speech therapy, feeding therapy, sensory integration, and emotional regulation support. All interventions are aligned with meaningful, functional outcomes for each child.

Accessing Myo Munchee®

You can purchase the Myo Munchee® through our clinic. For more information or to order, please contact:

info@childrenstherapyservicesqld.com.au