

At **three months**, we want to see:

1. You're wearing the Myobrace 7 days a week.
2. You're keeping the Myobrace in all night.
3. You have to be able to keep your nose clean and clear.
 4. The teeth beginning to straighten.
 5. The molars beginning to widen.
 6. Your paces increasing.
7. You can breathe with your belly and not your shoulders.
 8. Your lip staying more together.
 9. You should be eating in a more healthy way.
10. And.... We want you to be sleeping better.

**If you are having trouble with these things,
We will get you the help you need.**

You may need an expander, ALF or Biobloc.

You may need a lip training exercise.

**You may need the help of another practitioner, like a doctor
or therapist.**

Dr. Barry will help you make this decision for your child.



the raphael center for
integrative orthodontics