



Healthy Breathing Healthy Child

An Integrative Breathing Therapy program



Breathing, relaxation, posture and muscle function retraining for children using fun exercises, music, mindfulness, movement and play.

The program is for children with

- mouth breathing, tongue thrust, abnormal swallowing
- asthma, blocked and runny noses
- sleep disordered breathing, snoring and/or sleep apnea
- poor breathing patterns
- hyperventilation
- anxiety related breathing disorders.

What does the program involve?

- an initial assessment by Dr Courtney
- 5 weekly therapy sessions of 1 hour, individually or in a small group
- practice at home between sessions
- a follow-up assessment.

Parents/caregivers also attend all the sessions so that they can support their child to practice well and achieve the best results.

About breathing and children's health and development

Like good nutrition, correct breathing creates foundations for health and is fundamental for growth and learning.

Poor breathing can have negative effects on many aspects of a child's health, wellbeing, mood and behaviour.

Incorrect breathing also affects the function of muscles controlling speech, swallowing and posture in ways that disrupt facial, dental and structural development.

The good news is that poor breathing and incorrect muscle function can be corrected through breathing exercises and functional retraining exercises.

See the website for articles, videos and more information about breathing issues and treatment.

About the initial assessment

The initial assessment identifies causes and contributing factors to breathing and oral dysfunction. We undertake a dysfunctional **breathing assessment** (CO₂, O₂, breathing pattern assessment, breathing symptoms) and a **structural assessment** (posture, breathing muscles, lip and tongue function).

Then Dr Courtney can advise if the *Healthy Breathing, Healthy Child* program is likely to be the best next step for your child and/or refer for other treatment or other health professionals if necessary.

What happens in the therapy sessions?

In each session your child will learn some new breathing, relaxation and muscle training exercises and activities, plus revise previous ones and review homework. They will also learn exercises to improve posture and the function of the lips and tongue. Stories, music and play are used to motivate and engage children to do the practice during the sessions and at home.

The follow-up assessment

After the 5 sessions it is recommended that your child is re-assessed to evaluate progress and advise on any other treatment needs.

Appointments

To book an initial assessment please call the Avalon or Neutral Bay clinic. Or please contact Dr Courtney if you would like to discuss how this revolutionary program could help your child.

Consultations with Dr Courtney for assessment and therapy

Neutral Bay

Lotus Health 02 9953 5153

Avalon

Breath and Body 02 9918 3460

Upcoming classes

5 x weekly therapy sessions starting:

Neutral Bay

22 March, 7 June at 5:30 pm

North Narrabeen

18 March, 3 June at 2:30 pm

See the website for the full 2017 schedule.

Individual sessions are also available.



Dr. Rosalba Courtney ND, DO, PhD is an osteopath, naturopath and leading expert on breathing dysfunction and breathing therapy. She has over 35 years' experience and is dedicated to helping people improve their

health using effective integrative health tools. She believes that natural approaches to health need to address the basics first and one of the basics is breathing. She also works with the body's movement, mind and emotions, diet and lifestyle.

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