

BOOK THREE
ESPECIALLY FOR CHILDREN

BUTEYKOKIDS
ALWAYS BREATHE CORRECTLY



This is Cían. He would love to run and play with his friends, but he cannot because he breathes through his mouth.

This causes him to cough and wheeze, and to become breathless. It also makes him tired and slows him down.



One day he sees a sign for the summer's sports day.

He makes a wish to be able to play in the games.

His wish is, "I wish I could run a race this summer."



Later on that night just before Cían falls asleep, Argo the wizard appears.

He whispers into Cían's ear: "If you want your wish to come true...you must play the ABC Game."

And the **ABC Game** is....

Always
Breathe
Correctly

This is very helpful for your sports, your growing face, your teeth and your brains!



The next morning, Cían awakes and thinks it was all just a dream, but Argo the wizard appears again, and this time Cían is awake. He reminds Cían that he did not play the **ABC Game** while he was sleeping.

Cían does not know how to breathe correctly so the wizard explains it to him like this:

The ABC Game:

Part 1 is **Breathe** through your nose both day and night with your tongue on the "spot."

Part 2 is **Practice** an exercise called **Steps** each day.

Part 3 is **Always** breathe gently and calmly like a little mouse.



Part 1 of the **ABC Game** is to breathe through your nose all the time.

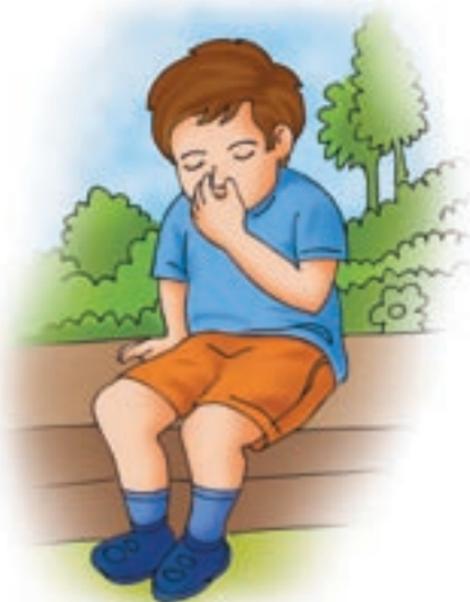
Cían tried to breathe through his nose all that day but it kept getting blocked and that made it difficult.

Then Argo the wizard appears.
He whispers into Cían's
ear the secret of how to
unblock his nose.

You can try this too.

Here's how:

- Sit down.
- Take a small breath in through your nose.
- This breath should make no noise.
- Breathe out through your nose.
- Then hold your nose with your fingers so that the air cannot come in or go out.
- Gently nod your head up and down.
- Do this for as long as you can.
- When you need to breathe in, then breathe in through your nose only and try not to let the air sneak in through your mouth.
- Calm your breathing as quickly as possible.
- Wait about half a minute and practice this again. Your nose will be unblocked by the third attempt. If it is not; practice this again until your nose is unblocked.
- If your nose gets blocked again; practise the exercise again.



Argo tells Cían that it is very important to breathe through the nose. Your nose, he says, stops dirty air from coming in and nibbling at the inside of your body. He also explains that the nose warms and cleans the air for us.



We all know that:

- We use our **Eyes** for seeing
- We use our **Ears** for listening
- We use our **Mouth** for talking, eating and drinking
- While we use our **Nose** for smelling and breathing

So, breathe only through your nose because that is why we all have noses!



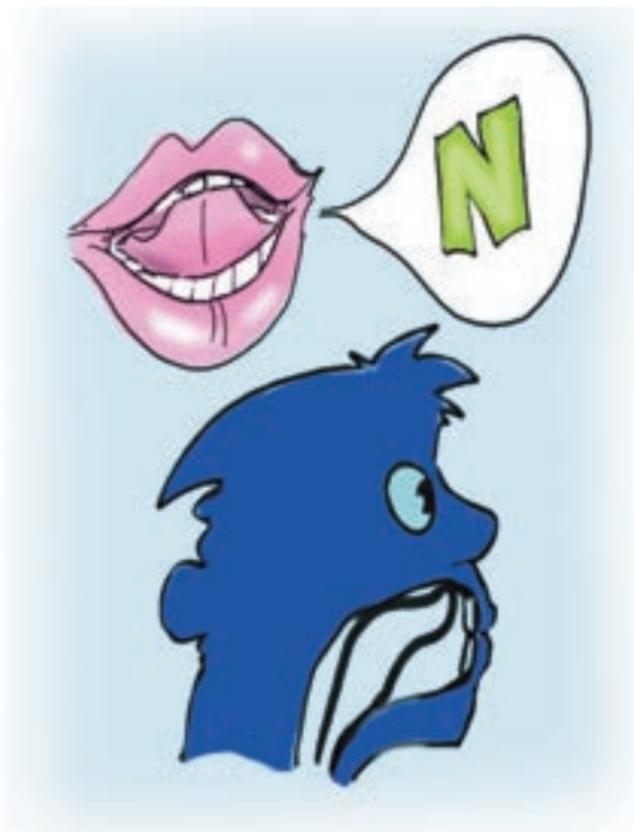
Argo tells Cían:

"Cían, I am going to let you know of another secret. It is from a famous dentist called Dr Mew.

If you breathe through your mouth, your face will grow long and narrow and your teeth will be crooked. Look at the boy who kept his mouth open as a child."



"Cían, if you breathe through your nose and your tongue rests in the roof of your mouth, you will grow the perfect face and have straight teeth."



To place your tongue on the correct "spot"
Make the "N" sound. Your tongue will rest behind the top front teeth. Keep the tip of your tongue there. Now gently move your tongue up into the roof of your mouth. Great, this is the "spot". Try to keep your tongue on the "spot" at all times.

Always ask yourself these questions:

Is my mouth closed?

Is my tongue on the "spot"?

To practice swallowing correctly;

For this exercise, you need an ice cream wafer. Break off a piece about the size of a quarter, 10p or a one Euro coin. Chew until you can make a ball out of it. Shape your tongue into a hollow and place the ball near the front.

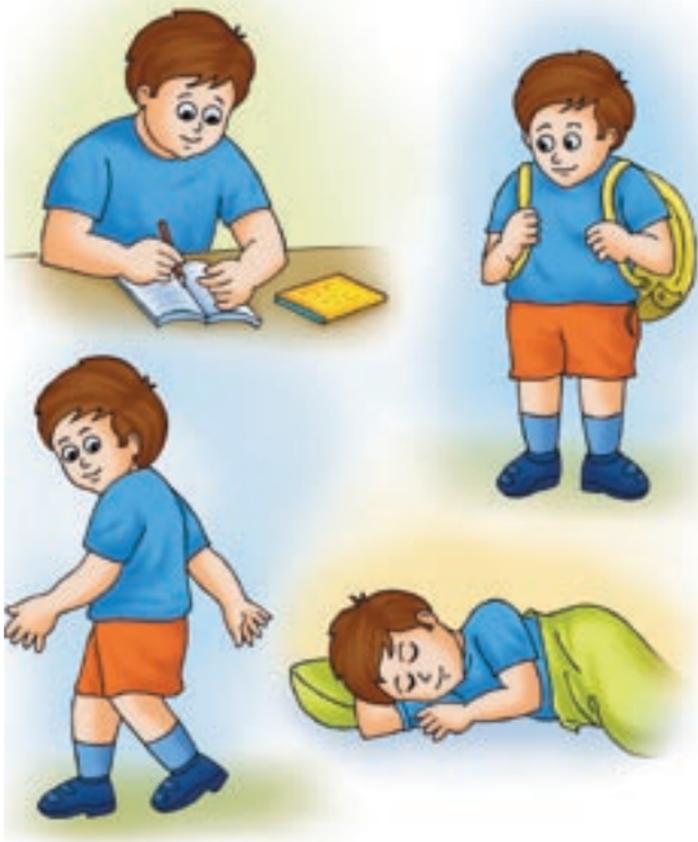
Place the tip of your tongue on the "N spot" and close your teeth, pressing your tongue firmly against the skin of the roof of your mouth and not the teeth.

Then swallow, sucking at the same time. The teeth should bite together. The lips should be held apart in a big grin. This helps the back of the tongue rise up and stops the lips being involved in the swallow. With the lips apart, an adult can also check how you did. With a correct swallow there is no sign from the outside of your face.

Use a mirror afterwards to see that none of the ice cream wafer is left on your tongue.

If you don't have a wafer, you can use a small piece of bread.

From now on, every time you swallow, make sure that your tongue is in the roof of your mouth.



Each day, if Cían has his mouth open, Argo appears and whispers "ABC" into his ear...

- During physical exercise — **ABC**
- During walking — **ABC**
- At School — **ABC**
- Watching TV — **ABC**
- Doing homework — **ABC**
- Playing outdoors — **ABC**
- While asleep — **ABC**