



Lauren Reinholt, RDH, OMT
Licensed Buteyko Breathing Practitioner
Orofacial Myofunctional Therapist

Leia Heckman, MS, CCC-SLP, CLC
Speech-Language Pathologist
Certified Lactation Counselor

Welcome to the Pain and Sleep Therapy Center! We are so excited to be a part of your child's journey towards optimizing their growth, development and overall wellness. We have dedicated countless hours toward education in our specialty fields, and are committed to providing thorough, evidence-based assessment and intervention for the families we serve. We enjoy offering educational opportunities to other health professionals and are constantly striving to stay current with research.

Our goals for your child:

- Laying the foundation for proper nasal breathing and tongue posture
- Strengthening the tongue and orofacial muscles through myofunctional therapy exercises – helping to resolve issues associated with sleep, breathing, posture, orthodontic relapse, and jaw pain
- Teaching correct feeding (drinking, chewing, swallowing) skills
- Targeting articulation and communication difficulties



To maximize our time together please complete your "Visit 1" paperwork online prior to your virtual consultation.

We look forward to meeting you and your child soon!

Sincerely,

Lauren, Leia, and Alyssa
Pediatric Therapy Team