

Optimized Growth, Development and Function

Age group: 6 Months – 2 Years Old



Key Signs and Symptoms that You can Assess

If you have answered **Yes to 1 or more items** in the checklist below, this may indicate an opportunity to improve the growth, development and function of your loved one. We would encourage you to schedule a caring & comprehensive assessment at Little Bird Pediatric Dentistry by calling **905-876-2473 (BIRD)** or through the **"Schedule an Appointment"** button on our website www.littlebirddental.ca

While Child is Awake

- Mouth open (lips apart) most of the day or routinely throughout the day for over 30 seconds at a time
- Colic symptoms
- Chronic running/congested nose
- Difficulty breathing through nose
- Dry, cracked lips and/or licking lips habit
- Frequent infections (Ear infections, Strep throat, Tonsillitis, etc.)
- Regularly have bags (dark circles) under eyes
- Avoidance of crunchy/fibrous foods (picky eater)
- Smacking sounds when chewing/swallowing
- Crowding of teeth and/or anterior open bite (space between front teeth when back teeth are touching)
- Hyperactivity throughout the day
- Limited attention span (difficulty concentrating/focusing, etc.)

While Child is Sleeping

- Mouth open (lips apart)
- Snoring or heavy noisy breathing (more than 3x/week)
- Gasp/stop breathing
- Drool on pillow (regularly)
- Audible teeth grinding
- Restless sleep (always moving around and/or restless legs/arms)
- Regular nightmares and/or night terrors (more than 1+/week)
- Sweating heavily while sleeping (pajamas and/or sheets damp)

- Any history of breastfeeding difficulties
If currently breastfeeding see below

Difficulties Breastfeeding (If Applicable)

a) Child's Signs/Symptoms

- Difficulty achieving or maintaining a good latch (aka. Poor latch)
- Gumming or chewing of nipple when nursing
- Clicking sound while nursing
- Milk leaks or spills out the side of the mouth while actively feeding
- Upper lip folded down (curled inward) when nursing
- Callous or blister on upper lip and/or dry, cracked lips
- Dried milk residue on tongue
- Reflux symptoms (Vomiting, regurgitation, inability to sleep on back, crying after nursing, swallowing air during nursing, wakes up congested)
- Poor weight gain and/or failure to thrive

b) Mom's Signs/Symptoms

- Creased, cracked, bruised, flattened or blanched nipples after nursing
- Bleeding or cut nipples
- Severe pain when attempting to latch and/or while nursing
- Poor or incomplete breast drainage
- Plugged ducts, infected nipples or breasts and/or mastitis



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