

Self-Assessment Checklist that may identify compromised growth, development, and function: Ages 0 - 6 months

Key Signs and Symptoms that You can Assess

If you have answered **Yes to multiple items** below, we would encourage you to schedule a comprehensive airway, tongue, and lip assessment for your loved one at Little Bird Pediatric Dentistry by calling [905-876-2473 \(BIRD\)](tel:905-876-2473) or visit www.littlebirddental.ca for further information

While Baby is Awake

- Mouth open/lips apart at rest (when not babbling, playing) most of the day or routinely throughout day
- "Colic" symptoms (e.g. gassy, fussy, inconsolable)
- Sensitive gag reflex

While Baby is Sleeping

- Mouth open/lips apart
- Snoring with mouth open (more than 3x/week)
- Gasp/stop breathing
- Restless sleep (always moving around and/or restless legs/arms)
- Frequent awakenings, regular nightmares, and/or night terrors (more than 1x/week)
- Sweating heavily (pajamas and/or sheets regularly damp)

While Baby is Feeding (Current* or History of Challenges)

a) Baby Signs/Symptoms

- Poor latch (e.g. difficulty achieving or maintaining a good latch)
- Gumming or chewing of nipple
- Shallow latch (limited wide mouth opening)
- Frequent clicking sounds
- Frequent gulping, coughing, gagging, and/or choking
- Milk leaks or spills out the side of their mouth while actively feeding
- Upper lip folded down (curled inwards) and/or lower lip tucked in (curled inwards)
- Callous or blister on upper lip
- Dried milk residue/coating on back of tongue
- Reflux symptoms (e.g. vomiting, regurgitation, frequent spit ups, crying after feeding, etc.)
- Swallowing air regularly (increased gassiness, belly discomfort)
- Insatiable baby (e.g. feeding every hour, falls asleep quickly when feeding and wakes shortly to feed again)
- Poor weight gain, failure to thrive, and/or slows down weight gain

b) Mom's Signs/Symptoms (if applicable)

- Creased, cracking, bruised, flattened, blanched, cut, and/or bleeding nipples after nursing
- Severe pain when attempting to latch and/or while nursing
- Poor or incomplete breast drainage
- Plugged ducts, infected nipples/breasts, and/or mastitis
- Drop in Mom's milk supply

*For families with current feeding challenges (breast/bottle/solids), we would encourage you to seek assistance from either your local lactation consultant or occupational therapist (OT)