

Self-Assessment Checklist that may identify compromised growth, development, and function: Ages 6 months – 2 years



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)** or visit www.littlebirddental.ca for further information

While Child is Awake

- Mouth open/lips apart at rest (when not babbling, talking, playing) most of the day or routinely throughout day
- Difficulty breathing through nose and/or avoidance of breathing through nose
- Dry, cracked lips, and/or regularly licking lips
- Frequent ear infections, strep throat, and/or tonsillitis (and/or surgical removal of tonsils and/or adenoids)
- Regularly has bags (dark circles) under eyes
- Crowding of teeth (no spaces) and/or anterior open bite (space between front teeth when back teeth touching)
- Hyperactivity throughout the day and/or limited attention span (difficulty concentrating/focusing, etc.)
- Highly spirited (poor emotional regulation)

While Child is Sleeping

- Mouth open/lips apart and/or drool on pillow (regularly)
- Snoring with mouth open (more than 3x/week)
- Gasp/stop breathing
- Frequent awakenings, regular nightmares, and/or night terrors (more than 1x/week)
- Sweating heavily (pajamas and/or sheets regularly damp)

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

a) Breastfeeding & Bottle Feeding Signs/Symptoms

- Poor latch (e.g. difficulty achieving or maintaining a good latch) and/or shallow latch (limited wide mouth opening)
- Gumming or chewing of nipple
- Frequent clicking sounds, 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)
- 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) Eating & Drinking Signs/Symptoms

- Picky eater (e.g. avoidance of crunchy/fibrous foods and/or specific food textures)
- Smacking sounds when chewing/swallowing (mouth open when chewing)
- Difficulty swallowing (e.g. tongue thrust, pushing food out of mouth, sensitive gag, etc.)
- Difficulty drinking from an open cup

c) 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 and/or drop in Mom's milk supply
- Plugged ducts, infected nipples/breasts, and/or mastitis

*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)