

# Self-Assessment Airway Centric Checklist that may identify compromised growth, development, and function: Ages 13+ 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 centric, tongue, and lip assessment for your loved one at Little Bird Pediatric Dentistry by calling [905-876-2473 \(BIRD\)](tel:905-876-2473) or visiting [www.littlebirddental.ca](http://www.littlebirddental.ca) for further information.

### While Awake

- Mouth open/lips apart at rest most of the day or routinely throughout day
- Difficulty or avoidance of nasal breathing and tends to breathe through their mouth
- Dry, cracked lips, and/or regularly licking lips
- Current or history of frequent ear infections/ear tubes, strep throat, and/or tonsillitis
- Surgical removal of tonsils and/or adenoids
- Current or history of speech difficulties (mumbling, lisp, and/or hard to understand) or speech therapy
- Wakes up feeling unrefreshed and/or difficulty waking up in the morning
- Seems overtired or unusually sleepy during the day and/or falls asleep inappropriately during the day
- Relies on caffeine during the day to stay awake and/or be productive
- Regularly has bags (dark circles) under eyes and/or complains of sore eyes
- Crowding of teeth and/or anterior open bite (space between front teeth when back teeth touching)
- Forward head posture (center of ear lobe in front of middle of shoulder)
- Regular neck pain, stiffness, spasms, and/or limited neck range of motion (E.g. neck extension, left/right rotations)
- Suffers from frequent headaches and/or migraines
- Hyperactivity throughout the day and/or limited attention span (difficulty concentrating/focusing, etc.)
- Highly spirited (poor emotional regulation) and/or irritable/limited patience/threshold (easily frustrated/upset)

### While Sleeping

- Mouth open/lips apart and/or drool on pillow (regularly)
- Snoring with mouth open for more than half the night's sleep duration
- Gasp/stop breathing
- Regular teeth grinding and/or wears night guard
- Frequent awakenings, waking often after falling asleep, needs the bathroom >1/night and/or regular nightmares
- Restless sleep (always moving around and/or restless legs/arms)
- Sweating heavily (pajamas and/or sheets regularly damp)
- Glass of water (or drink) at bedside, as frequently awakens thirsty (throughout night or in morning)
- Current or history of regular bedwetting

### While Feeding

#### a) History of Breastfeeding and/or Bottle Feeding Challenges

- E.g. poor/shallow latch, gumming, reflux or colic symptoms, poor weight gain, messy, clicking, insatiable, etc.

#### b) History of Mom's Breastfeeding Challenges (as applicable)

- E.g. cracked/creased nipples, pain with latch or when nursing, poor breast drainage, low milk supply, mastitis, etc.

#### c) Eating & Drinking Signs/Symptoms (Current or History of Challenges)

- Picky eater (e.g. limited quantity and/or interest/enjoyment with eating, 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, choking and/or vomiting, etc.)
- Difficulty drinking from an open cup and/or unable to drink quickly
- Gags easily and/or difficulty swallowing pills
- Regularly feels the need to eat before going to bed