

Self-Assessment Airway Centric Checklist that may identify compromised growth, development, and function: 3 - 5 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)** or visiting www.littlebirddental.ca for further information.

While Child is Awake

- Mouth open/lips apart at rest (when not talking, playing, etc.) most of the day or routinely throughout day
- Difficulty or avoidance of nasal breathing and/or tends to breathe through their mouth
- Current or history of frequent ear infections/ear tubes placed, strep throat, and/or tonsillitis
- Surgical removal of tonsils and/or adenoids
- Speech difficulties (mumbling, lisp, and/or hard to understand) and/or history of speech therapy
- Seems overtired or unusually sleepy during the day (not rested) and/or falls asleep inappropriately during the day
- Wakes up feeling unrefreshed and/or difficulty waking up in the morning
- Regularly has bags (dark circles) under eyes and/or complains of sore eyes
- Crowding of teeth (no spaces) 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, tension and/or limited neck range of motion (E.g. neck extension, left/right rotations)
- Suffers from headaches and/or migraines
- Hyperactivity throughout the day and/or limited attention span (difficulty concentrating/focusing, easily distracted, struggles to sit still and/or excessively "on the go," etc.)
- Highly spirited (poor emotional regulation)

While Child is 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
- Frequent awakenings, waking often after falling asleep, regular nightmares, and/or night terrors
- Restless sleep (always moving around and/or restless legs/arms)
- Sweating heavily (pajamas and/or sheets regularly damp)
- Current or history of regular bedwetting

While Child is Feeding (Current or History of Challenges)

a) Breastfeeding and/or Bottle Feeding Challenges

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

b) Mom's Breastfeeding Challenges (as applicable)

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

c) Eating & Drinking Signs/Symptoms

- 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, choking and/or vomiting, etc.)
- Difficulty drinking from an open cup
- Gags easily
- Poor/slow weight gain and/or failure to thrive