

Mom's & Dad's Private Eye Home Sheet

Early Prevention Orthodontics

There are many things about your child's health that are very important to know, but that I often don't get to see at the office. Also, there are signs to look for that you may not have known were connected to your child's teeth or health. By looking for and tracking these "signs and symptoms", we can get a better handle on the problem and watch for resolution.

You don't have to spend a lot of time with this. Just watch for certain things at different times of the day. Try not to let your children know they are being watched. You want to see the most natural behaviors.

Check off what you see. If you're not sure, check it anyway. Make comments if you want.

While sitting around (watching TV, doing homework, in the car, etc.), does your child?

- put "things" in the mouth a lot (toys, sleeves, pencils, fingernails, etc.)
- lick or suck on the lips
- have the lips apart, even a little
- stick or dart the tongue out of the mouth
- have the tongue resting between the teeth
- lean the cheek on a hand
- breathe with the mouth even slightly open
- have noisy breathing
- have trouble sitting still

During a meal, does your child:

- chew food with lips open
- stick the tongue between the teeth when swallowing
- stick the tongue out to meet the drinking glass
- make noises when chewing (smacks)
- gasp for air while eating
- eat sloppily
- take a breath before drinking
- puff the cheeks out when drinking
- make the lips purse when swallowing
- make the chin "crinkle" when swallowing
- bob the head when swallowing
- gulp liquids

In public or school, does your child:

- appear sleepy or actually fall asleep
- daydream
- have trouble concentrating
- exhibit hyperactivity
- behave irritable, agitated, aggressive, or cranky

While sleeping, does your child:

- have trouble going to sleep
- wake up frequently at night
- sleep walks or talks
- have nightmares, terrors
- wet the bed
- sweat
- snore
- appear to have difficulty breathing
- ever stop breathing for a short time
- gasp for air
- have loud breathing
- have the mouth open
- grind the teeth
- drool on the pillow
- have restless sleep / toss and turn
- sleep on the back
- tilt the head back
- sleep on the stomach / on the side
- have the hands under face or pillow
- wake up with dry throat or thirsty
- wake up with chapped lips
- have trouble waking up in the morning
- wake up with dark circles under the eyes
- wake up with headaches

While talking, does your child:

- talk too fast
- talk too slowly
- shift the jaw to the side
- gasp for air
- have a lisp
- have a speech therapy