

# Give Your Child The Perfect, Healthy Start!

Home Study for \_\_\_\_\_

There are many things about your child's health that are important to know, but that we often don't get to see while they're at our office. 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 have a more complete picture of your child's overall health.

You don't have to spend a lot of time with this assessment tool; just observe their behavior at different times during the day. You want to see their most natural behaviors, so try not to let your child know that you are watching.

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

## **While sitting around...(Watching TV, riding in the car, etc.)**

- Put things in their mouth(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 betw. 1eenthe teeth
- Lean the cheek on a hand
- Breathe with their mouth open, even a little bit
- Make noises when breathing
- Have trouble sitting still

## **While talking...**

- Talk very fast
- Talk very slowly
- Gasp for air
- Have a lisp
- Take speech lessons

## **During a meal...**

- Gasp for air while eating
- Stick the tongue between the teeth when swallowing
- Stick the tongue out to meet the drinking glass
- Drink a lot while eating
- Make noises when chewing
- 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
- Have trouble sitting still

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## In General...

- Use a pacifier? Until age \_\_\_\_\_
- Suck a finger or thumb? Until age \_\_\_\_\_
- Have allergies:
  - Food allergies
  - Skin allergies
  - Seasonal allergies
  - Take medication for allergies
- Have asthma
- Have learning problems
- Have attention problems
- Have issues at school
- Have stomach aches
- Have headaches
- Have earaches
  - Ringing ears
  - Dizziness
  - Stuffy ears
  - Itchy ears
- Neckaches
- Runny nose
- Sore throat
- Trouble swallowing pills
- Dry or chapped lips
- Sore teeth or gums
- Sores in the mouth

## As a baby, was your child...

- Breastfed? Until age \_\_\_\_
- Bottle fed
- Early to get teeth
- Late to get teeth
- Hard to feed
- Refusing to chew food
- Colicky or prone to reflux
- Prone to ear infections

## While Sleeping...

- Have the mouth open
- Snore
- Wet the bed
- Toss and turn or kick
- Tilt the head back
- Wake up frequently
- Have frequent nightmares
- Have abnormal sleep issues
- Grind the teeth
- Have trouble waking up
- Wake with dark circles under eyes