



## **OBSERVATION CHECKLIST**

There are many signs to look for regarding your child's health that we can't see at the office. By looking for and tracking these "signs and symptoms", we can get a better handle on the situation so we can begin treatment and get resolution.

Please take a few minutes to complete this form over the next few days and bring it back to your next appointment. You want to look at the most natural behaviors, so observe as discreetly as possible.

Please check off what you see. If you're not sure, check it anyway. Feel free to make comments!

### **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

### **WHILE SLEEPING, does your child:**

- have trouble going to sleep
- wake up frequently at night ( \_\_\_ times)
- sleep walks or talks
- have nightmares, terrors
- wet the bed
- sweat
- grind teeth
- appear to have difficulty breathing
- ever stop breathing for short time
- gasp for air
- have loud breathing
- have the mouth open
- snore
- drool on the pillow
- have restless sleep/toss and turn, kicks
- 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 slow
- shift the jaw to the side
- gasp for air
- have a lisp
- have speech struggles