TOP 10 REASONS
CHILDREN ARE REFERRED TO

1. Mouth Breathing
- Mouth breathing can lead to distortions in how the upper and lower jaws form
- Open mouth breathing causes inflammation of the throat and can cause other oral inflammatory issues
- Nasal breathing is important as it acts as a filter to help prevent small particles in the air from getting into the lungs

2. Crooked Teeth/ Teeth Crowding
- Adult teeth are up to 2x larger than primary (aka baby) teeth. A child’s mouth should look like a picket fence with space between each tooth
- Crooked or crowded teeth point to signs of an underdeveloped upper palate and expansion is usually necessary to allow for adult teeth to fit

3. Sleeping Issues
- Snoring is NEVER normal in children
- Other sleep problems include: heavy breathing, open mouth during sleep, sweating, teeth grinding, waking up frequently, bed wetting, and restless sleep

4. Tongue Tie/ Lip Tie
- Also known as Tethered Oral Tissues (TOTs) or oral restrictions
- Associated with many pediatric development concerns such as breathing/ sleeping problems, feeding/ digestion problems & frequent ear infections

5. Teeth Grinding/ Clenching
- Teeth grinding or clenching point to troubled breathing during sleep
- The body may clench and grind the jaw forward and open the airway during sleep to prevent an airway collapse
6. Narrow/ High Palate
- A normal palate should be broad (wide) and u-shaped
- A narrow or high palate decreases nasal volume and impacts the ability to breathe through the nose

7. Atypical Swallowing/ Tongue Thrusting
- A normal swallow involves the tip of the tongue pressing up against the roof of the mouth as the middle and back part of the tongue press food back into the throat
- A “tongue thrust” swallow pushes the tongue forward against the back of the teeth when swallowing, can be caused by a tongue-tie or lack of space in the mouth
- A atypical swallow may cause teeth flaring and an open bite

8. Oral Habits
- Oral Habits cause an imbalance in the facial muscles as well as improper use and pressure of the tongue
- Oral habits can cause bigger issues like an open bite which will cause tongue thrusting and the need to extensive orthodontics
- Examples of bad oral habits: thumb sucking, cheek biting, nail biting, or prolonged pacifier use

9. Behavioral Problems
- Fidgeting and hyperactivity are symptoms of sleep and breathing issues and may be misdiagnosed as ADD/ ADHD
- Other common symptoms include: trouble concentrating, irritability, moodiness, or difficulty managing emotions

10. Feeding Issues
- Child prefers only soft foods, does not like chewing food, feels like they are choking with more complex foods
- Reduced control of food in oral cavity leads to spilling food forward outside the mouth (messy eating)