

AIRWAY CHECKLIST

TODDLER

SLEEP PARENTING

RESOURCES

- ☐ My child is a very restless sleeper. They wake with the blankets around their ankles or fallen off the bed. It's not unheard of to find my child laying horizontally across the bed or in the weirdest positions.
- ☐ My child sweats significantly while they're sleeping. Sometimes their PJs and bed sheets are damp or soaked.
- ☐ My child seems to be constantly congested, even when they're not actively sick.
- ☐ My child suffers from frequent ear infections, tonsillitis or strep throat.
- ☐ My child sleeps with their mouth open.
- ☐ I notice my child breathes out of their mouth a lot. Most of the time during the day, their mouth is open and they seem to have trouble breathing through their nose.
- ☐ My child breathes really loudly when they sleep, sometimes they even snore.
- ☐ My child regularly has night terrors or nightmares.
- ☐ I can hear my child grinding their teeth while asleep.
- ☐ There's often drool on my child's pillow when they wake up.
- ☐ My child often wakes in the morning or from a nap appearing un-rested. Crankiness, tantrums, and moodiness are not uncommon.
- ☐ My child appears tired a lot. Dark circles under their eyes are common.
- ☐ My child has a very limited attention span and most would characterize them as "hyperactive".
- ☐ My child has very crowded teeth or an open bite anteriorly, (their front teeth don't meet).
- ☐ My child's speech is difficult to understand.
- ☐ My child is a very picky eater and tends to avoid hard / crunchy foods.
- ☐ My potty trained child has suddenly started wetting the bed again.

VISIT [SLEEPPARENTING.COM](https://sleepparenting.com) FOR INFORMATION AND ADDITIONAL RESOURCES

Important disclaimer! This is not a diagnostic tool meant to replace a medical assessment and we 100% encourage you to talk to your family doctor, pediatrician, or midwife if you find yourself relating to several of these statements. Print this sheet off and bring it with you to help you paint a detailed picture for your health care provider.