

**Rashmi K Parmar, DMD, DABDSM**  
**Neelima Yerra, DDS, Qualified Dentist ABDSM**

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## Parent's Private-Eye Home Sheet

**There are many things about your child's health that are 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 day. Try not to let your child 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, in the car), does your child:

- Put "things" in the mouth alot (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
- Breath with his mouth open, even a little bit
- Make noises when breathing
- Have trouble sitting still

**While talking, does your child:**

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

**During a meal, does**  
your child:

- Gasp for air while eating
- Stick his tongue between his teeth when swallowing
- Stick the tongue out to meet the drinking glass
- Drink alot 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
- Having trouble sitting still

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### While sleeping, does your child:

- Have trouble going to sleep
- Have the mouth open snore
- Drool on the pillow
- Wet the bed
- Grind the teeth
- Toss and turn
- Kick the covers off
- Tilt the head back
- Have frequent nightmares, terrors
- Sleep walks or talks
- Sweat at night
- Ever stop breathing for a short time
- Have abnormal sleep issues
- Wake up frequently
- Have trouble waking up
- Wake with darker circles under eyes
- Wake with dry throat or thirsty
- Wake with chapped lips
- Wake with headaches
- Wake in funny position on or off the bed

### Did your child ever:

- use a pacifier. Until age \_\_\_\_\_
- Suck a finger or thumb. Which? \_\_\_\_\_
- have allergies
- food allergies
- skin allergies

### Now, for some Medical History

#### Does your child OFTEN (more than “once in awhile”) complain of:

- Stomach aches
- Headaches
- Ear aches
- History of ear infections
- Ringing ears
- Dizziness stuffy ears
- Itchy ears neck aches
- A runny nose
- A sore throat
- Trouble swallowing pills
- Dry or chapped lips
- Sore teeth or gums
- Sores in the mouth

### As a baby, was your child:

- delivered naturally
- delivered by C-section
- breast-fed. How many months \_\_\_\_\_
- hard to breast feed
- early to get teeth
- late to get teeth
- hard to feed
- refusing to chew food
- prone to ear infections

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**Is your child frequently:**

- tired during the day
- depressed
- moody or irritable
- shy or withdrawn
- aggressive with others

**Attention Span**

- has difficulty paying attention
- doesn't seem to listen when spoken to directly
- easily distracted by stimuli
- is forgetful
- Squirms, can't sit still at home or at school
- on the go, seems driven by a motor
- talks excessively
  
- Fidgets and squirms
- interrupts has hard time waiting for turn
- diagnosed with ADD/ADHD