MyoSpotWellness

AIRWAY HEALTH SERIES
FREE PARENT RESOURCE

The 10-Point Airway Red-Flag Checklist

The signs a Speech-Language Pathologist looks for when screening a child for airway and breathing concerns.

Worth a screening, not a worry. Children rarely "grow out of" airway issues on their own — but the signs are easy to miss, because most happen at night or look like ordinary behavior. Tick anything that sounds like your child.

SLEEP & BREATHING 5 SIGNS

- [ ] Mouth open at rest or during sleep
- [ ] Chronic mouth breathing, or a frequently stuffy / runny nose
- [ ] Restless sleep
  kicked-off blankets, sweaty pillow, unusual positions
- [ ] Snoring most nights
- [ ] Teeth grinding (bruxism) during sleep

PHYSICAL & ORAL SIGNS 4 SIGNS

- [ ] Dark circles under the eyes
  "allergic shiners"
- [ ] Bedwetting past age 6
- [ ] Drooling past age 2
  outside teething bursts
- [ ] Recurrent ear infections, chronic congestion, or enlarged tonsils / adenoids

DAYTIME PATTERNS 1 SIGN

- [ ] Daytime fatigue, irritability, or trouble focusing
  poor sleep is often mistaken for behavior

2–3+ Recognize **two or three or more?** It's worth a functional airway screening. This is a starting point for a conversation with a provider — not a diagnosis.

WHO CAN HELP

Pediatric ENT · **Airway-focused dentist or orthodontist** · **Orofacial myofunctional therapist (often an SLP)** · **IBCLC** *(for infants & feeding)*

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