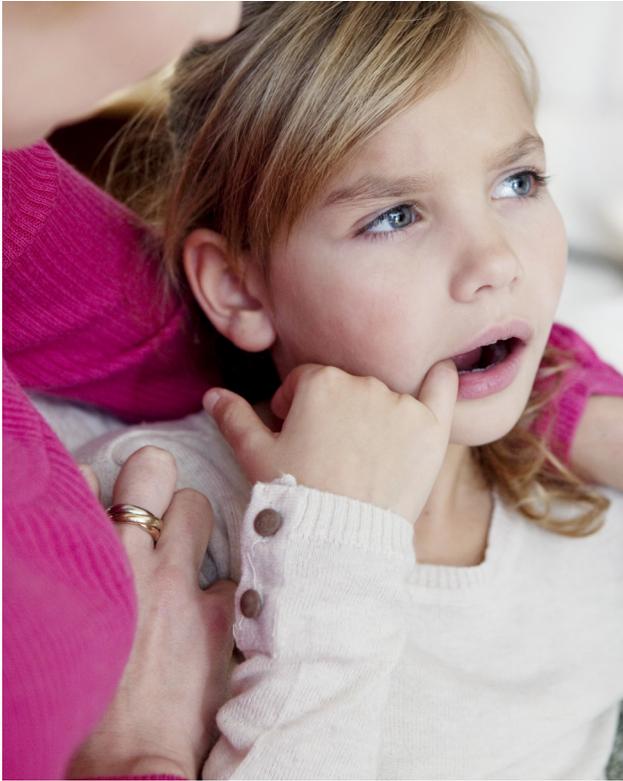


# Growth Guidance Checklist for Parents



If you're a parent, you know there's a lot to think about when it comes to your child's growth and health. Are your kids eating enough? Are they growing like they're supposed to? Is their development on track? Are they hitting their milestones? Are they eating the right foods? Are they getting enough sleep? Are they breathing correctly?

While these thoughts probably cross your mind frequently, you may have never asked yourself or your child's dental health provider this question: Is their jaw developing properly?

While jaw development might not seem like a common thing to think about, it's actually something you should consider asking about at your child's next dental checkup. Here's why:

Did you know that by the time your child reaches age 11 or 12, they have already achieved more than 90 percent of their lifetime facial growth?

This means that their face and jaws are nearly done growing, and if they have not grown correctly, your child could experience a host of side effects.

What are the signs of jaw development issues?

## THE MOST COMMON SIGNS OF JAW DEVELOPMENT ISSUES INCLUDE:

- Bite malocclusions, including crossbites, overbites and underbites
- Crowded and crooked teeth
- A chin that is set far back or "weak"
- Jaw clenching, tooth grinding and uneven tooth wear
- Mouth breathing outside of periods of illness such as colds or sinus congestion
- Frequent bouts of tonsillitis, adenoiditis, sore throat and chronic allergies
- Incorrect tongue posture (tongue resting between the teeth)
- Poor oral positions (lips apart, bottom jaw hanging open and excessive inward pressure of lip and cheek muscles)
- Adverse swallowing patterns or gagging while eating
- Thumb sucking or an excessive pacifier habit
- Frequently waking throughout the night
- Bedwetting beyond potty-training years
- Behavior disorders including ADHD, hyperactivity, ODD and SPD
- Insomnia, nightmares/night terrors or frequently waking up throughout the night
- Daytime fatigue
- Headaches
- Poor posture
- Stunted growth

**Is your child experiencing any of these symptoms? He or she may have a jaw development problem. Find out why jaw development matters and how it can be treated by calling Legends Dental today!**