



# SYMPTOM CHECKLIST

## BABY/TODDLER/PRESCHOOLER

These lists are not complete. They are not medical advice and are not meant to “diagnose” an issue. Please check with your pediatrician about any concerns.

### OBSTRUCTED BREATHING/APNEA

- Snoring (outside of a cold or allergies)
- Breathing through mouth when sleeping
- Restless sleep (trying to get a clear airway)
- Sweaty head while sleeping
- Frequent ear infections.
- Daytime fatigue/sleepiness.

### SILENT REFLUX (Mostly infants/toddlers)

- Pain/intense crying on being laid down flat.
- Arching back while nursing/feeding.
- Gurgling in throat, throat clearing, cough
- Grimacing (like a bad taste in mouth).
- Preferring to sleep on an incline (seat, arms).
- “Nibble” feeding (small amounts at a time)
- Feeding best when drowsy/at night.
- Preferring to sleep on side

### MUSCULOSKELETAL ISSUES

- Asymmetrical movement/use of limbs (e.g., won't turn head one way; prefers one side; can roll one way but never the other)
- Achieved a motor milestone but stopped
- Behind on motor milestones.

### LOW FERRITIN/RESTLESS LEGS

- Severely disrupted sleep (often that came on suddenly)
- Inability to get comfortable at bedtime (standing, thrashing, putting legs up on the wall)
- Long time to fall asleep and/or long period of wakefulness at night
- (Older children) Complain that legs hurt (“growing pains”)
- Lots of movement (kicking, thrashing) even when asleep.
- Extreme resistance to sleep training strategies.
- Crying in sleep or waking screaming from sleep
- Periods of inconsolable crying in the middle of the night
- Risk factors: Mom was low iron in pregnancy, C-section, prematurity, or early cord clamping, history of reflux, family history of RLS, ADHD/ASD diagnosis

### FEEDING ISSUES/ FOOD INTOLERANCE

- Only taking small amounts at each feed. (Oral ties?)
- Eczema (Food intolerance?)
- Clicking/noisy when feeding (oral ties)
- Frequent ear infections
- General fussiness/poor sleep (food intolerance?)
- Dark circles under eyes (food intolerance)
- Problems with gas or constipation (food intolerance)