

Tongue Therapy?

A Myofunctional Screening Guide For Parents

1. *Does your child have a sucking habit? Or, did they have a sucking habit past age 3? (thumb, finger, or pacifier)*

Yes No

2. *Do you notice that your child has an open mouth often? (This is usually most noticeable when they are concentrating, listening, relaxed, etc)*

Yes No

3. *Does your child have difficulty pronouncing any speech sounds? (For example, trouble saying “S” or “R” sounds)*

Yes No

4. *Has your child, or does your child currently have any airway concerns? For example, allergies, enlarged tonsils or tonsils that were removed in the past, asthma, snoring, or chronic stuffy nose or nasal congestion?*

Yes No

5. *Have you been told that your child is “tongue tied”, or do you notice that the tissue under the tongue seems tight or restricted? (If this is the case, they will have a difficult time sticking the tongue out, or lifting it to the roof of the mouth)*

Yes No

6. *Have you noticed, or been told by your dentist, that your child has an “open bite”, or can you see that the front teeth do not meet while biting?*

Yes No



If you answered “Yes” to any of these questions, it is good idea to have your child evaluated for a myofunctional concern. More “Yes” answers indicate the greater likelihood that your child’s swallowing pattern and tongue posture may have an impact on the development of the oral and facial structures. This can impact speech, orthodontic treatment, and much more. Call for an evaluation today.

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