

BreatheBuddies

Most parents notice the signs. Few know what they mean.

Is My Child Mouth Breathing?

A gentle 2-minute check for
sleep, breathing, and
development

Designed for parents who want calm,
science-informed guidance.

This simple check gently helps you notice patterns in your child's breathing.

THE 2-MINUTE CHECK

Quick Check: What Do You Notice?

DURING THE DAY

- Often breathes through the mouth
- Lips are frequently open at rest
- Dry lips or mouth
- Difficulty keeping lips closed
- Low energy or trouble focusing

DURING SLEEP

- Snores or breathes loudly
- Sleeps with mouth open
- Restless sleep
- Wakes tired despite enough sleep
- Sweating or unusual sleep positions

What it means

If you checked 3 or more, it may be worth looking closer.

Why This Matters More Than It Seems

Many parents notice mouth breathing – but fewer realize it can influence how a child sleeps, grows, and develops.

Teeth & Jaw

It can affect how the jaw develops and how teeth align over time.

Sleep

Mouth breathing may reduce sleep quality and lead to restless nights.

Daily Well-being

Children may feel more tired, less focused, or irritable.

A gentle reminder

Awareness is the first step. Small changes early can make a meaningful difference.

What to Watch For Over Time

Early signs

- Open mouth posture
- Dry lips
- Occasional snoring

Over time

- Narrow jaw development
- Crowded teeth
- Longer facial structure

These patterns develop gradually – noticing them early matters.

Gentle First Steps at Home

You don't need to rush or force change.

Start with small, calm habits:

- Encourage nose breathing during quiet moments
- Gently remind your child to keep lips together
- Support relaxed bedtime routines
- Pay attention to the tongue resting on the palate

The goal is not perfection – just awareness and gentle support.



When to Look for Support

Consider speaking to a professional if you notice:

- Persistent mouth breathing
- Snoring or poor sleep
- Changes in teeth or jaw development
- Daytime fatigue or difficulty focusing

You may consider speaking with:

- Pediatrician
- ENT specialist
- Airway-focused dentist or orthodontist
- Myofunctional therapist

A Note on Mouth Taping for Children

You may have heard about mouth taping as a way to support breathing.

For children, this should always be approached with care.

- It is not suitable for every child
- It should not be used if nasal breathing is blocked
- It should only be considered with appropriate guidance and supervision

This is not a quick fix – but one of many gentle ways to support healthy breathing.

A Gentle Next Step

If you'd like to support your child in building calm, natural breathing habits:

Start with awareness.

Observe gently.

Take small steps.

Some parents also explore gentle tools that support nose breathing during calm, supervised moments.

You're already doing something important.