

OSA in Children: My child's symptoms

Complete this form before you visit a health care professional and take it with you to your child's appointment. Simply tick if your child has any of these symptoms. Use the right hand columns to record and compare changes in your child's symptoms over time, if he or she is diagnosed with OSA and goes on to have treatment.



| My child's symptoms | Tick if your child has these symptoms | Does your child still have these symptoms after diagnosis? | | | |
|--|---------------------------------------|--|------|------|------|
| | | Date | Date | Date | Date |
| Daytime symptoms (when awake) | | | | | |
| Tiredness and sleepiness | | | | | |
| Being irritable and having tears and tantrums | | | | | |
| Hyperactivity, which may alternate with excessive sleepiness | | | | | |
| Poor concentration | | | | | |
| Poor or decreased performance at school | | | | | |
| Difficulty putting on weight | | | | | |
| Learning difficulties | | | | | |
| Breathing through the mouth | | | | | |
| Nasal quality to speech | | | | | |
| Enlarged tonsils | | | | | |
| Early morning headache | | | | | |
| Other (please state) | | | | | |

Please turn over

| My child's symptoms | Tick if your child has these symptoms | Does your child still have these symptoms after diagnosis? | | | |
|---|---------------------------------------|--|------|------|------|
| | | Date | Date | Date | Date |
| Night time symptoms (when asleep) | | | | | |
| Snoring | | | | | |
| Pauses in breathing | | | | | |
| Gasps, snorts or choking sounds | | | | | |
| Restlessness and sudden awakenings from sleep | | | | | |
| Laboured breathing | | | | | |
| Unusual sleep posture | | | | | |
| Bed wetting | | | | | |
| Sweating | | | | | |
| Mouth breathing, dry mouth and bad breath | | | | | |
| Other (please state) | | | | | |

Get in touch with us to find support near you.

Helpline: 03000 030 555

Monday to Friday, 9am-5pm

Ringling our helpline never costs more than a local call and is usually free, even from a mobile.

helpline@blf.org.uk blf.org.uk

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