

# Observation Checklist

Client's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Observed by: \_\_\_\_\_

1. USUAL POSITION OF THE LIPS, TEETH, AND TONGUE DURING THE DAY

- ☐ open wide
- ☐ open slightly
- ☐ lips closed but jaw position low
- ☐ lips closed but strong contraction of the chin
- ☐ lips closed but strong contraction of the lips
- ☐ teeth positioned over the lower lip
- ☐ other \_\_\_\_\_

2. USUAL POSITION OF THE TONGUE DURING THE DAY

- ☐ protruding between both teeth & lips
- ☐ protruding slightly between the teeth
- ☐ low positioned, pressing against lower teeth
- ☐ unobservable, lips closed
- ☐ other \_\_\_\_\_

3. CHEWING PATTERNS

- ☐ chewing with lips open
- ☐ chewing with lots of lip & chin movements
- ☐ chewing with lips closed
- ☐ noisy chewing and smacking
- ☐ forward thrusting of tongue during chewing
- ☐ reaching out with the tongue to meet food or liquid containers
- ☐ touching teeth to utensil or glass
- ☐ large bites
- ☐ fast chewing and/or gulping
- ☐ slow chewing
- ☐ other \_\_\_\_\_

4. USUAL POSITION OF THE LIPS AND TEETH DURING SLEEP

- ☐ lips slightly apart
- ☐ lips apart, tongue showing
- ☐ mouth breathing
- ☐ lips closed
- ☐ other \_\_\_\_\_

5. SLEEP POSTURE

- ☐ back
- ☐ left side
- ☐ right side
- ☐ stomach; face left
- ☐ stomach; face right
- ☐ other \_\_\_\_\_

6. ORAL HABITS

- ☐ thumb or finger sucking
- ☐ tongue sucking
- ☐ lip biting
- ☐ lip licking (chapped lips)
- ☐ teeth resting on lower lip
- ☐ teeth grinding (bruxism)
- ☐ finger nail biting
- ☐ pencil biting
- ☐ chin leaning
- ☐ mouth breathing

7. EXCESSIVE SALIVA

- ☐ in the corners of the mouth
- ☐ during speech
- ☐ while eating
- ☐ during sleep