

5 Signs Your Child Isn't Breathing Right (And What You Can Do Tonight)

Spot the signs early — and start helping your child breathe, sleep, and smile better.





Why You Need to Know the Signs

You noticed something.

Maybe it's the snoring. The dark circles. The meltdowns that seem way too big for the moment. Or just a quiet feeling that something's off.

As a dental hygienist and myofunctional therapist — and a mom of two boys myself — I've seen how something as simple as how a child breathes can quietly shape their sleep, their mood, their teeth, and their growth.

The good news? Once you know what to look for, you can start making a difference right away.

Sign 1: Physical Clues

Sometimes the body shows signs when breathing isn't ideal. Symptoms to watch for include: lips open at rest, dry lips, crowded teeth, narrow jaw, dark circles under eyes, receded chin, and frequent cavities.



Parent Tip:
Next time your child is watching TV or sitting quietly, glance at their lips. Are they resting open? That one moment of observation tells you so much.

Sign 2: Snoring or Loud Breathing

If you can hear your child breathing from across the room — or they sound like a little snoring machine — that's not just cute. It's a sign their airway is working harder than it should be.

Snoring is common in kids. But common doesn't mean normal.



Parent Tip:

Tonight, before you go to bed, peek in on your child. Notice if their mouth is open and their breathing is audible. That 30-second check is more powerful than you'd think.

Sign 3: Restless Sleep

Healthy sleep is calm and peaceful. If your child moves a lot or wakes often, their body may not be resting well. Symptoms to watch for include: tossing and turning, sweating at night, nightmares, and bedwetting.



Parent Tip:
If your child ends up sideways, upside down, or completely off their pillow by morning — their body is working hard to find a better airway position. It's not just wild sleeping. It's a signal worth paying attention to.

Sign 4: Tired or Moody During the Day

Here's one that stops moms in their tracks: what if the tantrums, the hyperactivity, or the trouble focusing at school isn't a behaviour problem — but a breathing problem?

When kids don't get truly restful sleep, they don't look tired. They look wired, reactive, and hard to reach. Their bodies are running on empty but can't wind down.



Parent Tip:
Think back to your child's hardest days recently. Was their sleep disrupted the night before? You might start seeing a pattern you didn't notice before.

Sign 5: Fast Eating or Open Mouth Chewing

How a child eats can give helpful clues about how they breathe. Kids who rush through meals or chew with their mouth open may be struggling with nasal breathing. Other symptoms to watch for include: taking big bites, gasping or pausing to breathe while eating, and avoiding chewy foods.



Parent Tip:
Try making it a game: "Let's see if we can chew this 20 times before swallowing!" Kids love a challenge – and you'll be building a healthy habit without it feeling like work.

Why Mouth Breathing Happens

This isn't a bad habit. It's a compensation.

Here's the most important thing I want you to know: mouth breathing is almost never a bad habit your child chose.

It's their body doing the best it can with a blocked or restricted airway.

Common reasons it happens include chronic congestion, enlarged tonsils or adenoids, low tongue posture, a narrow palate, allergies, and weak oral muscles.

You don't need to figure out which one it is right now. What matters is that when we support the root cause and build healthier habits, real change is possible — even if this has been going on for years.



Start Tonight:

The 2-Minute Sleep Snapshot

After your child falls asleep tonight, try this:

1. Peek in on your child once they're asleep
 2. Look at their lips — are they resting together or open?
 3. Place your hand gently near their nose and mouth — where is the air coming from?
 4. Listen for 60 seconds. Is it soft and quiet, or audible and open?
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Healthy nasal breathing is soft and quiet. If you notice sound, open lips, or air from the mouth — don't panic. Just notice.

Awareness is the first step toward change, and you just took it.

You're in the Right Place.

If you recognized your child in more than one of these signs, you're not alone — and you're also not too late.

I'm putting together a step-by-step program specifically for parents who want to gently guide their child toward healthier breathing habits at home. No overwhelm. No expensive appointments. Just simple, proven steps you can start right now.

I'm opening spots to a small group of founding families first — at a special rate that won't be available later.

Want in? Reply with the word [YES](#) and I'll send you the details as soon as they're ready.

— Camille

Breathe, Sleep & Smile