# THE 2-MINUTE OROFACIAL & REFERRAL SCREEN

*For Dentists & Orthodontists*

A 2-minute screen for the exam you're already running. **Check what applies — 3 or more checked, or 1 severe finding, is a referral.**

## MYOFUNCTIONAL & SWALLOW PATTERN

- ◯ Anterior or lateral tongue thrust on swallow
- ◯ Low/anterior resting tongue posture, not palatal
- ◯ Incompetent lip seal at rest
- ◯ Mentalis strain on swallow or lip closure
- ◯ Retained infantile (visceral) swallow pattern
- ◯ Restricted lingual ROM — can't elevate to palate or lateralize fully
- ◯ Persistent digit or pacifier habit past age 3

## STRUCTURAL & OCCLUSAL

- ◯ Ankyloglossia — restricted frenulum attachment or mobility
- ◯ High-arched or V-shaped palate
- ◯ Posterior or unilateral crossbite
- ◯ Anterior open bite
- ◯ Class II or Class III skeletal pattern
- ◯ Chronic mouth breathing or nasal obstruction signs
- ◯ Articulation distortions — S/Z, TH, or derhotacized R

## ASK ABOUT: SENSORY

- ◯ Bothered by tags, seams, or clothing textures
- ◯ Sensitive to loud noise or bright light
- ◯ Refuses certain food textures, not just tastes
- ◯ Extreme rigidity around food brand or presentation
- ◯ Distress at dental visits beyond typical for age

## ASK ABOUT: GI

- ◯ Constipation
- ◯ Reflux
- ◯ Bloating or excess gas
- ◯ Frequent stomachaches
- ◯ Frequent illness / low immune resilience

**3+** **checked → refer for a feeding/myofunctional evaluation.**
**Even 1 severe finding on its own is enough to refer.**

### FOR FRENECTOMY CASES

A release without coordinated pre/post myofunctional therapy has a high relapse rate. Refer for therapy alongside the procedure, not after.

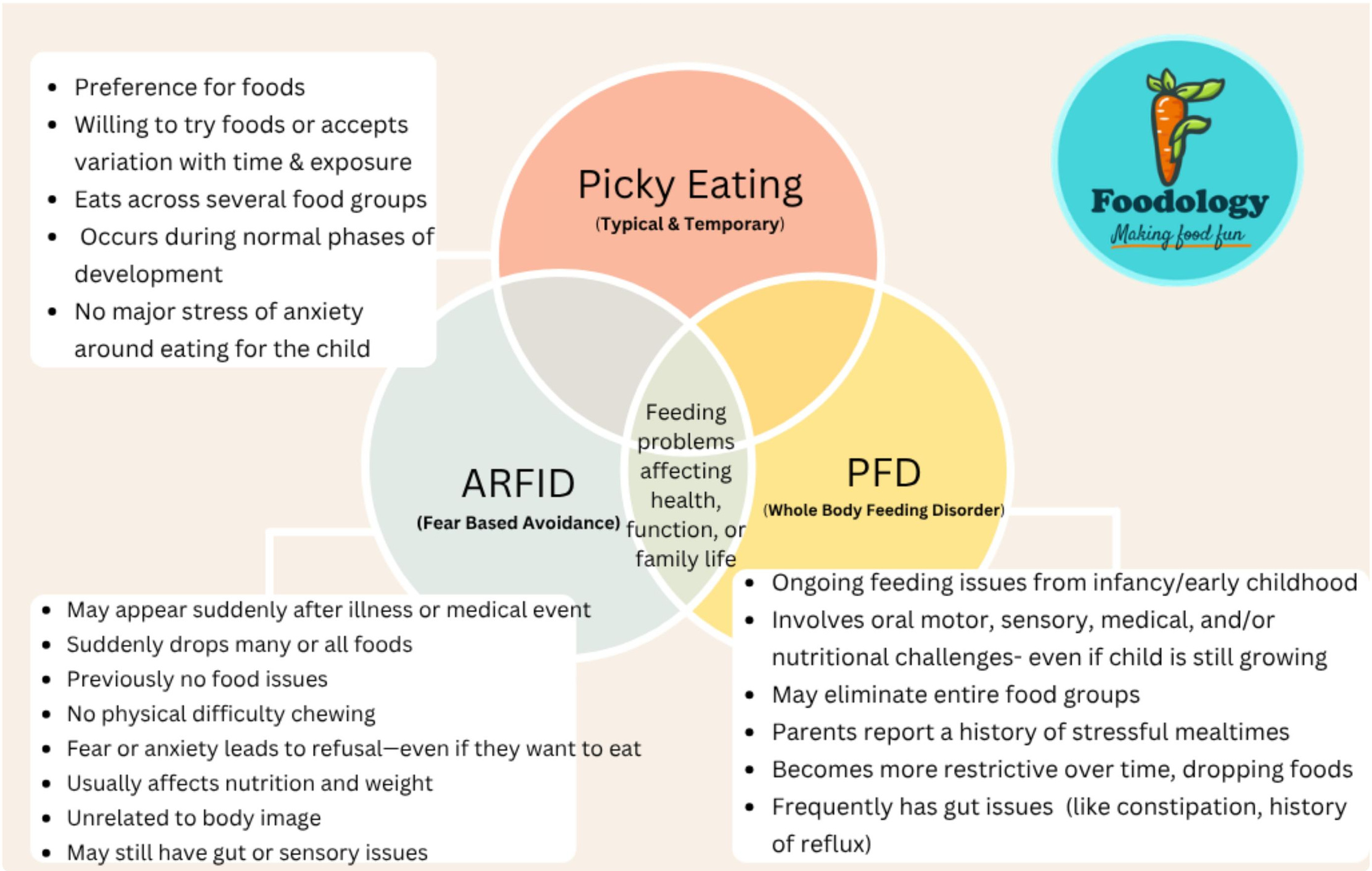
### WHY ASK SENSORY/GI

Not diagnostic for you — but it turns "go see someone else" into a specific, parent-friendly reason for the referral.

### ON TIMING

Earlier intervention changes the facial growth trajectory. A wait-and-see approach on myofunctional findings isn't neutral.

ARFID VS. PICKY EATING VS. PFD — AT A GLANCE

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**We help kids go from fearful to foodies —**
**and we guide parents every step of the way.**