articulink

Online speech therapy
Ages 2 to 18

PARENT SELF-CHECK

Could my child have a tongue thrust?

A tongue that rests or pushes forward can affect speech, eating and how teeth line up. Check any that sound like your child.

- [ ] Their tongue rests between or against the front teeth
- [ ] Their tongue pushes forward when they swallow
- [ ] Their mouth is often open when they are resting, watching TV or asleep
- [ ] They breathe through the mouth more than the nose
- [ ] They have a lisp on "s" and "z"
- [ ] Eating is messy, or chewing and swallowing are noisy
- [ ] Their dentist or orthodontist has mentioned an open bite or teeth shifting

If you checked two or more, ask your child's dentist or orthodontist, and consider a free consultation with a speech-language pathologist.

Every child develops at their own pace. A checklist can't diagnose anything, but it can help you decide whether to ask for a speech check, and what to mention when you do.

Book a free 15-minute consultation

articu.link/free-consult

Questions? Bring them to your free consultation, or see articu.link/questions.

Licensed speech-language pathologists. Ages 2 to 18. No waitlist. Private pay; HSA/FSA accepted.

This page is for general information. Talk with your child's dentist or doctor about their specific needs.