



UNDERSTANDING YOUR CHILD'S AIRWAY & SLEEP

**WHAT EVERY PARENT SHOULD KNOW
ABOUT MOUTH BREATHING, SNORING,
SLEEP, AND FACIAL DEVELOPMENT.**



Breathing Affects More Than Sleep

When children consistently breathe through their mouth instead of their nose, it may affect:

- Sleep quality
- Focus and behavior
- Facial growth and jaw development
- Energy levels
- Dental crowding
- Speech development
- Overall health

Many parents don't realize these issues can begin early in childhood.

The good news? Early awareness matters.



The Tooth Shop™

Signs Your Child May Have Airway or Sleep Concerns

Some of the most common signs include:

- Mouth breathing
- Snoring
- Restless sleep
- Teeth grinding
- Dark circles under the eyes
- Bedwetting
- Difficulty focusing
- Frequent waking
- Chronic congestion
- Crowded teeth
- Daytime fatigue or irritability

Not every child with these signs has an airway issue—but they're worth paying attention to.



Why Nasal Breathing Is Important

The nose helps:

- Filter and humidify air
- Support healthy oxygen intake
- Promote proper tongue posture
- Encourage healthy jaw growth

When kids constantly breathe through their mouth, the tongue may rest low instead of supporting proper palate development.

Over time, this can contribute to:

- Narrow jaws
- Crowded teeth
- Bite issues
- Poor sleep quality

What We Evaluate

At The Tooth Shop, we don't just look at teeth. We also evaluate:

- Jaw development
- Tongue posture
- Mouth breathing habits
- Crowding patterns
- Tonsil size concerns
- Bite alignment
- Sleep-related symptoms

Sometimes we simply monitor growth. Other times, early intervention may help guide healthier development.



Why Early Awareness Matters

Children are constantly growing and developing.

That means childhood is often the best time to identify concerns early—before problems become more significant later.

Depending on your child's needs, recommendations may include:

- Monitoring development
- Orthodontic evaluation
- ENT referral
- Tongue tie evaluation
- Habit changes
- Sleep evaluation

Every child is different.

Our goal is education—not pressure.

You're Not "Overreacting"

Many parents notice signs something feels "off" long before they know why.

If your child snores regularly, struggles with sleep, constantly mouth breathes, or seems chronically tired, it's okay to ask questions.

You do not need to wait until severe symptoms appear.

Early conversations matter.



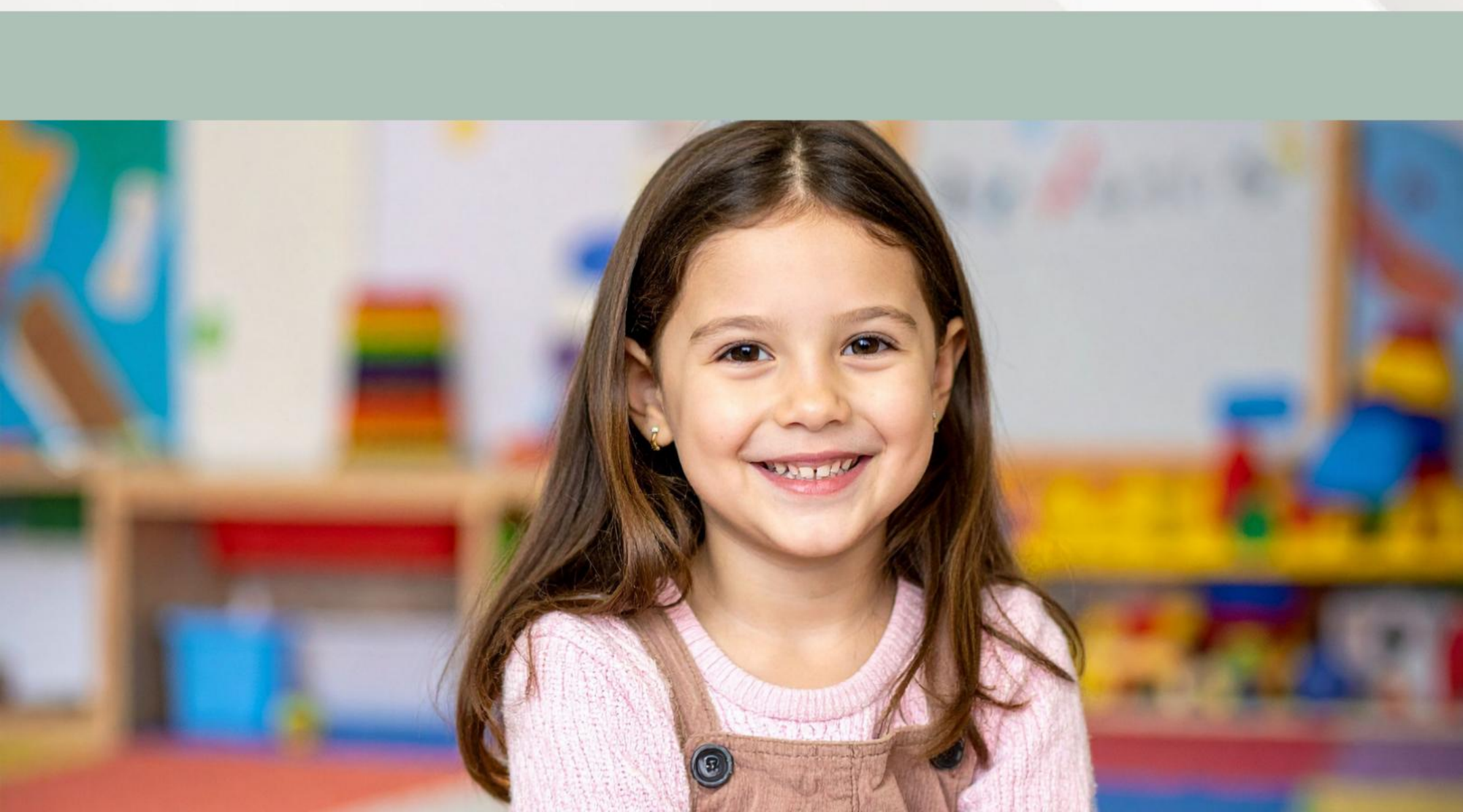
A Whole-Child Approach to Care

Families come to us because we focus on more than cavities.

We believe pediatric dentistry should support:

- Healthy growth
- Better sleep
- Long-term development
- Confidence
- Overall wellness

Our approach is calm, educational, and judgment-free.



Concerned About Your Child's Sleep or Breathing?

We'd love to help guide you through the next steps.

Schedule an evaluation today.

480-525-7110

- ✓ Child-friendly environment
- ✓ Honest, personalized guidance
- ✓ Focused on long-term health
- ✓ Serving families in Gilbert, AZ



WHY FAMILIES TRUST THE TOOTH SHOP

Families choose The Tooth Shop because we focus on:

- Honest recommendations
- Clear communication
- Long-term oral health
- Child-friendly care
- Helping parents feel informed and confident

We're here to help families understand their options without pressure or confusion.



Meet Dr. Perkins

Dr. Jaron Beau Perkins, DMD, is a Pediatric Dental Specialist focused on creating a calm, positive experience for children and families. He earned his degree in Exercise and Wellness from Arizona State University, attended Case Western Reserve University School of Dental Medicine, and completed his pediatric dental residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio. Over the past 13 years, Dr. Perkins has practiced in rural and underserved communities in Pennsylvania and Prescott, AZ, treating complex pediatric cases and severe decay. These experiences shaped his compassionate, creative approach to care. He is a member of the AAPD and AAFE.



The Tooth Shop™



"My goal is to help every child feel safe, understood, and confident at the dentist while building healthy habits that last a lifetime."

Jaron Perkins, DMD

Ready for a Better First Dental Visit?



The Tooth
ShopTM

We'd love to meet your family.

Schedule your child's
appointment today.

(480) 427-0531

Book Appointment

- ✓ Kid-friendly environment
- ✓ Experienced with anxious children
- ✓ Judgment-free care
- ✓ Focused on long-term health
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