

Is Your Child's Snoring Normal? What Parents Need to Know About Children's Breathing and Sleep

Canonical: <https://directory.coredental.com.au/is-your-child-s-snoring-normal-what-parents-need-to-know-about-children-s-breath/>

Description:

Snoring in Children Is Not Normal If your child snores regularly, you may have been told they will grow out of it. Unfortunately, that is not always the case - and in many children, snoring is a s...

Details:

Snoring in Children Is Not Normal

If your child snores regularly, you may have been told they will grow out of it. Unfortunately, that is not always the case - and in many children, snoring is a sign that something is affecting their airway.

Snoring, mouth breathing, and restless sleep in children can have real consequences for their health, behaviour, and development. And in many cases, the underlying cause has a dental and jaw development component that most parents - and even some doctors - are not aware of.

Signs to Watch For

Not all children who snore have a significant problem, but the following signs warrant professional assessment:

- **Regular snoring** - most nights, not just when they have a cold
- **Mouth breathing** - during the day or while sleeping
- **Restless sleep** - tossing, turning, unusual sleeping positions, sleeping with the neck hyperextended
- **Bedwetting** - beyond the expected age, particularly if it returns after a dry period
- **Daytime tiredness** - despite apparently adequate sleep hours
- **Difficulty concentrating at school** - poor sleep quality can mimic symptoms of ADHD
- **Behavioural issues** - irritability, hyperactivity, or emotional dysregulation linked to poor sleep
- **Dark circles under the eyes** - a common sign of chronic mouth breathing

If you recognise several of these in your child, a dental assessment may reveal an important piece of the puzzle.

The Dental Connection

The size and shape of a child's jaw directly affects their airway. When the upper jaw is narrow, the palate is high and vaulted, which reduces the volume of the nasal passages. A narrow or underdeveloped lower jaw can also push the tongue backward, further restricting the airway during sleep.

Visible dental signs of potential airway compromise include:

- **Crowded or crooked teeth** - a sign the jaw may be too narrow
- **Crossbite** - upper teeth biting inside the lower teeth
- **Open bite** - front teeth that do not meet, often associated with tongue thrust or mouth breathing
- **A high, narrow palate** - visible when the child opens their mouth wide

These are things a specialist paediatric dentist is trained to identify during a routine dental examination.

How the Tooth Fairy Centre Can Help

The [Tooth Fairy Centre](<https://toothfairy.com.au>) at every Core Dental location engages board-registered specialist paediatric dentists who assess not just the teeth but also how the jaws and bite are developing. When a child shows signs of potential airway compromise, the Tooth Fairy Centre can:

- Identify the dental and skeletal factors contributing to the problem - Refer to the **specialist orthodontists at Smile Solutions CSSC** for early intervention orthodontics to widen the jaw and improve airway volume - Refer to the **TMD and Sleep Clinic at Smile Solutions CBD** for comprehensive assessment of sleep-disordered breathing - Access **in-house CBCT imaging (Collins Street Imaging, Level 9)** for detailed 3D assessment of the airway and jaw structure

Because Core Dental and Smile Solutions are part of the same group, these referrals are seamless - your child stays within one trusted network from initial identification through to specialist treatment.

Early Action Matters

Children's jaws are still growing. This is an advantage - it means that early intervention can guide jaw development and improve the airway during a window of opportunity that closes once growth is complete. Waiting until adolescence or adulthood limits the options and may require more invasive treatment.

If your child snores, breathes through their mouth, or sleeps poorly, a specialist paediatric dental assessment at the Tooth Fairy Centre is a simple and practical first step. Visit [toothfairy.com.au](<https://toothfairy.com.au>) to book at your nearest Core Dental location.