

Snoring and your Child

When you completed the Kindergarten Health Check questionnaire you indicated that on the form that your child snores. Information has been included that you may find useful for the management of snoring.



Snoring in children may have many causes, the most common is a cold or blocked nose. Your child might snore if they have a cold or a blocked nose. This is because colds can narrow your child's airways. It's important to have your child assessed.

It is important to see your GP:

- If you are concerned about your child's snoring
- If your child's snoring has been going on for a long time
- If you've noticed your child gasping or struggling for breath during sleep
- If your child is very tired during the day and has poor concentration at school



Your GP may investigate if your child's snoring is related to enlarged adenoids *and/or tonsils, allergies, or sleep apnoea.* *

*Adenoids are glands located in the throat behind the nose

**Sleep apnoea is a condition that can have health impacts where breathing stops lots of times each night. Sleep apnoea should be assessed by your GP and treatment is available. More information can be found below and your GP can work with you and your child to manage symptoms.

Useful website:

http://www.rch.org.au/kidsinfo/fact_sheets/Childhood_obstructive_sleep_apnoea_OSA/
<http://health.act.gov.au/schoolhealth>

References:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/adenoids>
<http://raisingchildren.net.au/articles/snoring.html>
<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=3007>

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