

Autonomic nervous system check list for children

- Trouble settling, sleeping or staying asleep
- Difficult or traumatic birth history
- Family stress, relationship breakdown, separation, divorce, death or family member
- Trouble with breast feeding and attachment
- Colic, unsettled, crying baby, silent reflux, vomiting
- Separation anxiety, difficulty attaching to new people, overly shy
- Reactive, agitated, hypersensitive, feels highly strung or wired
- Food allergies, eczema, asthma
- Gut health issues, diarrhoea , constipation, tummy pains, picky eating, poor appetite
- Tired, low energy, poor concentration or focus
- Headaches, body pain, joint pains
- History of accidents, trauma or injuries
- Jumpy and reactive to loud noises, sensitive changes in environment
- Reactive and quick to respond to others, speaking quickly, feeling urgent or angry
- Shallow breathing, tight chest, hard to get a full or easy breath
- Gagging when swallowing or cleaning teeth
- Trouble concerntrating and focusing on tasks
- Poor co-ordination, falling over, slow milestones, poor balance
- Repeated colds, infections, generally feeling unwell, low immune system function

Check your child's score:

- Three or less - stronger vagal tone
- Five or less- moderate vagal tone
- Seven or more - weaker vagal tone

