

COULD YOUR CHILD HAVE ALLERGIES?

QUESTIONS	YES	NO
Does your child:		
- Get a lot of blocked or runny noses		
- Get a lot of tummy trouble – wind, constipation, diarrhoea, itching bottom		
- Get frequently sick – lots of infections, eg ear, nose, throat, chest		
- Get frequent attacks of screaming or aggressive behaviour		
- Pick their nose frequently		
- Sniff a lot, or wipe their nose a lot, is a “mouth” breather		
- Have a dry cough		
- Always want to sleep or tires easily		
- Tug their ears often		
- Tongue (“click”) the roof of their mouth a lot (sucking noise)		
- Bed wet more than normal		
- Restless legs at night whilst sleeping		
- Have eczema or other dry skin patches, or welts and hives		
- Have sticky eyes		
- Has itchy skin or scalp or eyes		
- Gets wheezy frequently		
- Get “rosy” cheeks frequently		
- Appear more “clingy” than usual		
- Gets anxious easily		
- Have a poor appetite		
- Seem to be very demanding		
- Seem very destructive		
- Seem disinterested in their toys or play for more than a few minutes		
- Seem to be very active, needing little sleep		
- Seem to hurt themselves often		
- Seem to be always covered in bruises		
- Have very little patience		
- Have a poor learning ability		
- Get confused easily		
- Reach milestones later than usual, eg learning to sit, stand or walk		
- Seem to stagger		
- Appear behind in their speech		
- Always wanting to drink, especially milk or juice		
- Want biscuits, sweets, chocolate or bread – basically sugar		
- Refuse normal foods, preferring junk such as chips		
- Appear over or under weight		