

Does my baby have a tongue tie?

Improper function of the lips and tongue can cause issues to develop in breastfeeding, swallowing, chewing, growth, breathing, sleep and speech. These are some of the symptoms that may be associated with tongue and/or lip-ties. If you have concerns about a tongue-tie, please schedule a comprehensive functional evaluation with a provider who specializes in tongue-ties.

Newborn Symptoms	
<ul style="list-style-type: none"> ○ Latch difficulty ○ Slow to gain weight ○ Lip blisters ○ Tight lip or tongue ○ Tires at the breast quickly ○ Reflux symptoms ○ Colic, gassy ○ Open mouth posture/mouth breathing ○ Tummy time is hard 	<ul style="list-style-type: none"> ○ Chewing, gumming when eating ○ Clicking when eating ○ Pops on and off the breast ○ Frustrated at the breast ○ Choking on let down ○ Excessively short sleep cycle ○ Milk leaks out of mouth at breast or bottle ○ Heart shaped or tethered tongue ○ Frequent and / or long feeds
Breastfeeding Mom's Symptoms	
<ul style="list-style-type: none"> ○ Cracked, bleeding nipples ○ Plugged ducts ○ Mastitis ○ Painful feedings ○ Thrush 	<ul style="list-style-type: none"> ○ Decreasing milk supply ○ Lip stick shape / creased nipples ○ Blistered nipples ○ Nipple blanching ○ Poor breast drainage
Older Children's Symptoms	
<ul style="list-style-type: none"> ○ Gagging, vomiting, choking on solid foods ○ Picky eater, especially about textures ○ Speech delay / impediments ○ Attention and behavior issues ○ Short sleep cycles / wakes up tired ○ Open mouth posture / mouth breathing 	<ul style="list-style-type: none"> ○ Ear infections / sinus infections ○ Snoring / sleep apnea ○ Dental issues / cavities ○ Headaches / neck pain or tension ○ Teeth grinding ○ Issues with feeding as a baby
Adult Symptoms	
<ul style="list-style-type: none"> ○ Migraines / headaches ○ Sleep apnea / snoring ○ Attention issues ○ Chronic stress ○ Persistent sinus and / or ear infections ○ Teeth grinding ○ Picky eater especially about textures 	<ul style="list-style-type: none"> ○ Choking or gagging on food or liquids ○ Speech difficulty ○ TMJ pain / clicking jaw ○ Crowded teeth ○ Forward head posture ○ Open mouth posture / mouth breathing ○ Neck and / or back pain

<https://beyondbirthabq.com/tongue-tie>

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