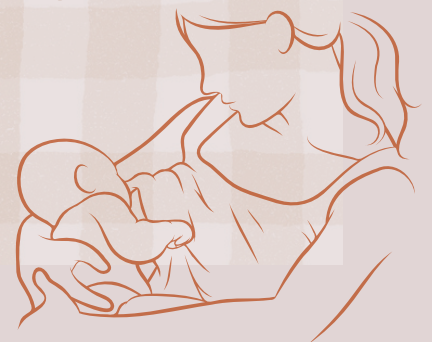


COULD YOUR BABY HAVE AN ORAL TIE?

COMMON SYMPTOMS TO LOOK FOR

- ☐ Poor latch/unable to flange upper lip
- ☐ Clicking sound while nursing
- ☐ Reflux/excessively spitting up
- ☐ Colic or excessive fussiness
- ☐ Gassy/bloating issues
- ☐ Long feeding sessions but still hungry
- ☐ Frequently choking while nursing
- ☐ Chewing on the nipple rather than sucking
- ☐ Frequent clogged ducts/mastitis
- ☐ Lip blisters from nursing
- ☐ Nipples burning while nursing
- ☐ Excess milk spilling out while nursing
- ☐ Difficulty holding a pacifier
- ☐ Poor weight gain



the nurture nook

Disclaimer: This checklist is for informational purposes only and is not intended to diagnose or treat any medical condition. If you suspect an oral tie, consult a qualified lactation consultant, pediatric dentist, or healthcare provider.

Sources:

- Ghaheri BA, Cole M, Fausel SC, Chuop M, Mace JC. Breastfeeding improvement following tongue-tie and lip-tie release: A prospective cohort study. Laryngoscope Investigative Otolaryngology. 2017.
- Kotlow LA. Oral diagnosis of abnormal frenum attachments in neonates and infants: evaluation and treatment of the maxillary and lingual frenum using the Erbium laser. J Pediatr Dent Care. 2004.

