



Have you experienced any of the following with breastfeeding your baby?

- Breastfeeding is painful
- My nipples appear misshapen and/or blanched after breastfeeding
- My baby seems unable to open mouth very wide
- I have had raw, blistered, cracked or bleeding nipples
- My baby makes clicking sounds while breastfeeding
- It seems like my baby breastfeeds constantly
- My baby has chapped/blistered lips
- I have lasting breast or nipple pain after breastfeeding
- My baby still seems hungry after feeds
- My baby has a very short sleep cycle
- I have to help my baby latch/re-latch
- My baby has few wet/soiled diapers
- It is difficult to keep my baby awake to breastfeed
- My baby breastfeeds for long periods of time
- I don't seem to have enough milk for my baby
- My baby sucks in the upper/lower lip
- My baby's upper lip dimples or folds or is red after feeds
- I have had mastitis (clogged ducts, breast infection)
- My baby lost 10% or more birth weight
- My baby seems confused/disorganized when breastfeeding
- Breastfeeding starts out good but progressively gets more painful
- My baby is not gaining enough weight
- My baby is/was very jaundiced
- It feels like my baby is biting, clenching or clamping down
- My baby seems uncomfortable (excessive gas, hiccups or colic)
- My baby is unable to maintain latch or dribbles milk
- My baby coughs/chokes/gags or may have reflux
- My baby has been described as 'failure to thrive'
- Baby and I have been diagnosed with thrush
- I feel anxious/frustrated/sad breastfeeding my baby

It is likely you are doing everything correctly but your baby may be physically incapable of achieving or maintaining a deep enough latch for effective breastfeeding and efficient milk transfer. Your baby may also struggle with bottle-feeds. It is recommended baby be evaluated by a professional with known experience with tongue/lip ties.

Statistics vary worldwide but some experts estimate tongue ties occur in 1 of every 7 babies, others estimate only 1 in 50 babies, and still others, including medical professionals, deny it exists at all.

Many doctors completed their education when breastfeeding rates were less than 25% and have never been offered a breastfeeding class or any education regarding common oral feeding restrictions.

For more information visit: [www.kiddsteeth.com](http://www.kiddsteeth.com) or search online for 'tongue tie'.