



Baby Checklist for Tongue-Tie

- Slides or comes on & off the nipple
- Shallow latch at breast or bottle
- Clicking or smacking noises when eating
- Falls asleep while eating
- Gassy
- Torticollis
- Reflux symptoms
- Spits up often
- Gagging, choking, coughing while eating
- Hiccups often
- Poor weight gain
- Gumming or chewing nipple when nursing
- Lip curls under when nursing or taking bottle
- Pacifier falls out easily, doesn't like, won't stay in
- Snoring, noisy breathing or mouth breathing
- Short sleep requiring feedings every 1-2 hours
- Nose congested often

Breastfeeding Mothers

- Latching difficulties
- Bleeding Nipples
- Pain when latching
- Creased, flattened or blanched nipples
- Poor or incomplete breast drainage
- Infected nipples or breasts
- Plugged ducts/engorgements/mastitis
- Using a nipple shield
- Nipple Thrush
- Baby prefers one side over the other