



## Child Checklist for Tongue-Tie

### Speech

- Frustration with communication
- Difficult to understand
- Difficulty speaking fast or getting words out
- Baby talk
- Trouble with sounds
- Speech Delay
- Stuttering
- Speech hard to hear in long sentences
- Mumbling or speaking softly

### Feeding

- Frustration when eating
- Difficulty transitioning to solids
- Slow eater
- Grazes on food throughout the day
- Packing food in cheeks like a chipmunk
- Picky with Texture
- Choking or gagging on food
- Spits out food

### Nursing/Bottle Feeding Issues

#### as a Baby

- Painful nursing or shallow latch
- Poor weight gain
- Unable to hold pacifier
- Reflux or spitting up
- Milk dribbling out of mouth
- Poor Supply
- Nipple shield required for nursing
- Clicking or smacking noise when eating

### Sleep Issues

- Gasps for air or stops breathing
- Sleeps in strange positions
- Wets the bed
- Kicks & Flails around at night
- Wakes up tired and not refreshed
- Sleeps with open mouth
- Wakes easily and often
- Grinds teeth while sleeping
- Snores while sleeping

### Other related Issues

- Neck or shoulder pain or tension
- Strong gag reflex
- Reflux
- Ear tubes previously
- Headaches or migraines
- TMJ Pain, clicking, or popping
- Tonsils or adenoids removed previously
- Mouth open/mouth breathing during the day
- ADHD/ADD
- Constipation