

## Is it a Tongue Tie?

### Symptoms:

- Persistent very sore or damaged/blistered nipples – however it's important to note that there may be no nipple pain/trauma
- Compressed nipples (change in shape) and/or blanching after feeding
- Excessive weight loss in baby
- Slow or no weight gain in baby
- Cannot maintain a seal at the breast/bottle, often has gaps at corners of mouth with milk spilling out.
- Mammoth feeds at the breast – or falls asleep quickly and then wakes hungry as soon as removed from the breast
- Very frequent feeds
- Fussing at the breast shortly into a feed or takes very short, fast feeds, baby may pull away from the breast and cry – bobbing on and off in distress.
- Parents may comment they can hear air being gulped, milk hitting the tummy, or baby is a very “noisy feeder” with loud swallow sounds.
- Low milk supply
- Mastitis/blocked ducts
- Gagging
- Reflux
- Frequent hiccoughs
- Colic
- Baby rarely/never settles to a deep restful sleep – some “catnap” and are described as very poor sleepers
- Windy/squirmy and unsettled when sleeping.
- Excessive flatulence
- Green stools
- Sucking blister on upper lip
- Latch trouble or slipping down the nipple when feeding ie as though struggling to remain attached at times- resulting in “nipple hanging”
- Clicking sound when feeding. May pop on and off.
- Unorganised suck/swallow pattern – may result in coughing/spluttering/gagging and give *an appearance* of oversupply. Bottlefeeding mums may note this happens even with the slowest flow teat
- Weak suck
- Oral aversion/ increased sensitivity – frequently refuses breast and/or bottles and/or spoons. May gag frequently
- Tongue tremor
- Noisy breathing/snoring sounds when sleeping
- Opens mouth to attach but doesn't, shakes head or bobs on and off before becoming frustrated
- Small mouth gape
- Unable to protrude tongue (some with tongue tie can)
- Excessive drooling/bubbles at the mouth
- Displays stressed body language when feeding – hands up near face, fingers splayed