

How to Keep on Boobin' Through Tongue Tie



All Tied Up!: How to keep on boobin' through a tongue tie

★★★★☆ 4.5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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What is Tongue Tie?

Tongue tie is a condition that occurs when the frenulum, a small piece of tissue that connects the tongue to the bottom of the mouth, is too short or tight. This can restrict the baby's tongue movement, making it difficult for them to latch on to the breast and suck effectively.

Symptoms of Tongue Tie

The symptoms of tongue tie can vary depending on the severity of the condition. Some common symptoms include:

- Difficulty latching on to the breast
- Frequent clicking or popping sounds during breastfeeding
- Pain or discomfort during breastfeeding

- Slow or inefficient weight gain
- Gas and bloating
- Colic

Diagnosis of Tongue Tie

Tongue tie is usually diagnosed by a doctor or lactation consultant. They will examine the baby's mouth and look for signs of a short or tight frenulum.

Treatment for Tongue Tie

The treatment for tongue tie is a frenotomy, a simple procedure that involves cutting the frenulum. This can be done in a doctor's office or clinic. The procedure is usually quick and painless, and the baby can breastfeed immediately afterward.

Breastfeeding with Tongue Tie

If your baby has tongue tie, it is important to continue breastfeeding. There are a few things you can do to make breastfeeding easier, such as:

- Use a nipple shield to help the baby latch on
- Hand express or pump your milk and bottle-feed it to the baby
- Do breast compressions to help the baby get more milk
- See a lactation consultant for help

Exercises and Stretches for Tongue Tie

In addition to breastfeeding, there are a few exercises and stretches that you can do to help your baby's tongue become more flexible. These include:

- Gently massaging the baby's tongue
- Pulling the baby's tongue out and holding it for a few seconds
- Encouraging the baby to suck on a pacifier or their thumb

Tips for Breastfeeding with Tongue Tie

Here are a few tips to help you breastfeed successfully with tongue tie:

- Be patient and don't give up
- Find a support group or lactation consultant
- Don't be afraid to ask for help
- Remember that you are not alone

Tongue tie is a condition that can make breastfeeding difficult, but it is not impossible. With the right support and resources, you can breastfeed your baby successfully and enjoy all the benefits that breastfeeding has to offer.



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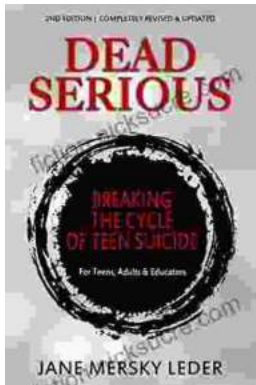
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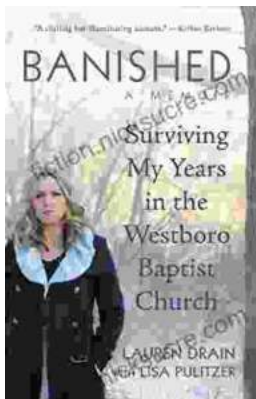
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