

DOES YOUR BABY HAVE AN ORAL TIE?

Here's a consolidated symptom checklist to guide your conversation with a pediatrician, lactation consultant, or pediatric dentist.

**This is not medical advice*

FEEDING-RELATED SYMPTOMS

- ☐ Shallow latch at breast or bottle
- ☐ Slides or pops on and off the nipple
- ☐ Falls asleep in the middle of a feed
- ☐ Gagging, choking, or coughing
- ☐ Clicking or smacking sounds
- ☐ Lip curls under when feeding
- ☐ Gumming or chewing the nipple
- ☐ Milk leaking from sides of the mouth
- ☐ Sucking blisters or callouses on lips
- ☐ Pacifier falls out easily or won't stay in
- ☐ Baby seems always hungry and not full
- ☐ Long or inefficient feedings (45+ minutes)
- ☐ Short sleep/wake cycles
- ☐ Baby moves a lot in sleep or is restless
- ☐ Baby appears frustrated at breast/bottle
- ☐ Refuses bottle or breast
- ☐ Nose sounds congested after feeding
- ☐ Spits up often (track amount/frequency)
- ☐ Colic symptoms / excessive crying
- ☐ Reflux symptoms

PHYSICAL CUES

- ☐ Snoring, or noisy breathing
- ☐ Mouth breathing
- ☐ Frequent hiccups after birth
- ☐ Constipation or irregular stools
- ☐ Poor or slow weight gain

MOM SYMPTOMS

- ☐ Pain when latching or nursing
- ☐ Creased or flattened nipples
- ☐ Lipstick-shaped nipples
- ☐ Blistered or cracked nipples
- ☐ Bleeding nipples
- ☐ Poor or incomplete drainage
- ☐ Plugged ducts or engorgement
- ☐ Decreasing milk supply
- ☐ Using a nipple shield
- ☐ Baby prefers one side (R/L)
- ☐ Nipple thrush

Medical History Plus Additional Questions to Consider

- ☐ Is baby on medications?
- ☐ Prior oral tie surgery? (When/where)
- ☐ How long does baby take to eat?
- ☐ How often does baby eat?
- ☐ How are you doing mentally and emotionally