

Mayo Clinic Minute: Tongue-tie in babies

Video	Audio
	Latching and feeding challenges can be caused by a number of issues.
	Rebekah Huppert, a Mayo Clinic lactation consultant, says tongue-tie sometimes could be to blame.
Rebekah Huppert Nursing/Lactation Consulting Mayo Clinic	"Typically the things that we see the tongue causing problems with are going to be latch. Primarily, difficult for baby to get a hold of the nipple and pull it into the soft palate."
	With tongue-tie, an unusually short, thick or tight band of tissue tethers the bottom of the tongue's tip to the floor of the mouth, restricting the tongue's range of motion.
	"The band of tissue there is something that we can look for, but sometimes you can see it and it moves great. And sometimes it's not super obvious, and the tongue doesn't move well. So although that can be an indicator, it isn't the diagnosis just because it's there."
	Some cases may require a simple surgical procedure for correction. But not all babies with tongue-tie require treatment. Some families and care providers choose a wait-and-see approach. In that case, Huppert recommends working with a lactation professional who can provide some strategies.
	"We can work on different positionings with latch. One of the primary things that we like to do is what we call the laid-back position, where we have moms kind of laying on their back. That's thought to have gravity bring that chin and tongue forward a little bit more."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.