



Is It a Tongue Tie?

A Checklist for Parents Navigating
Feeding Challenges with Care





Welcome, Mama (and Family)

If you're here, chances are something about feeding your baby just doesn't feel right—and your gut is telling you to look deeper. Maybe your baby is struggling to latch, feed effectively, or seems unusually fussy. Maybe you're in pain, or feeling unheard by your provider. Wherever you are on this journey: you're not alone, and you're not doing anything wrong.

This guide is here to help you identify early signs of tongue and lip ties in your infant and understand what steps to take next. Dr. Kacie Culotta, a laser-certified dentist and lactation counselor—and mom of two—created **Latched Beginnings** to provide the care she wished she had when her own children needed feeding support.

Signs of a Possible Tongue or Lip Tie in Your Baby

You know your baby best. **If you've noticed any of the following**, it may be worth exploring further:



Difficulty latching at breast or bottle

Your baby may struggle to get a deep, effective latch, often slipping off or needing to reposition frequently.



Popping on and off the nipple

You may notice your baby latching and unlatching repeatedly, making feeding frustrating and inefficient.



Clicking or smacking sounds while feeding

This noise often means your baby is losing suction due to limited tongue movement—one of the most common signs of an oral tie.



Gagging, choking, or coughing during feeds

Milk may flow too quickly for your baby to manage due to a poor latch or inability to control their swallow.



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Long feeding sessions with little satisfaction

Your baby may nurse or bottle-feed for extended periods but still seem hungry or fussy afterward.



Falling asleep mid-feed without finishing

Feeding may be so tiring that your baby dozes off before getting enough nutrition.



Excessive gas, fussiness, or reflux-like symptoms

Swallowing excess air during feeds can cause discomfort, gassiness, spit-up, or colic-like behavior.



Slow or inadequate weight gain

If your baby isn't transferring milk efficiently, it may lead to poor weight gain or frequent need for supplementing.



Sleeping with mouth open or noisy breathing

Restricted oral function can contribute to mouth breathing, snoring, or nasal congestion—even in infants.



Signs You May Be Experiencing as a Parent



Painful latch or nipple trauma

If nursing hurts—even with good positioning—it may be due to your baby's restricted tongue movement.

Low milk supply or difficulty with milk transfer

You may feel like you're not producing enough, but the issue could actually be inefficient milk removal due to your baby's tie.

Frequent need to supplement

Despite trying to breastfeed, your baby may still seem hungry or not gain weight, leading to bottle supplementing.

Feeling overwhelmed, emotional, or dismissed

Many moms express that they knew something was wrong but were told "everything looks fine." You deserve to feel heard—and supported.

What These Signs May Be Telling You

Many of these symptoms point to a restriction in your baby's oral function—often due to a **tongue tie, lip tie**, or both. These are conditions where tight tissues (called frenulums) limit your baby's ability to feed effectively, breathe easily, or develop optimally.



Left untreated, oral ties can **impact** breastfeeding, digestion, airway development, speech, sleep, and overall growth.

The good news?

You're catching it early. And support is here.

Why Families Trust Latched Beginnings



Dr. Kacie Culotta is Austin's only dentist who is also a certified lactation counselor and airway specialist. She's helped hundreds of babies and parents move from frustration and pain to peaceful, connected feeding journeys.

Her approach is **personal, evidence-based, and always gentle**—using **CO₂ laser technology** to ensure safe, precise, and effective tongue-tie releases.

At Latched Beginnings, we:

- ✓ Listen to your concerns with compassion
- ✓ Evaluate your baby's full function, not just structure
- ✓ Use state-of-the-art CO₂ laser for optimal results and fast healing
- ✓ Provide post-procedure support, referrals, and feeding guidance



What to Do Next

Step 1

Trust Your Instincts

If you're checking off multiple symptoms and something still feels off, it likely is.

You know your baby better than anyone.

Step 2

Book a Functional Feeding Evaluation

Dr. Culotta offers in-depth, personalized evaluations to assess your baby's oral function, feeding challenges, and overall wellness.

Step 3

Get the Support You Deserve

Whether your baby needs a tongue-tie release or a care team to support your journey, we'll guide you every step of the way—with warmth, skill, and the reassurance that you're not alone.





Schedule Your Visit

Ready to get answers and support?
Book your evaluation with Dr. Culotta by visiting

www.latchedbeginnings.com

or call us directly to schedule your appointment.

 **Serving families in Austin, TX and beyond:**
1701 Simond Ave Suite 107A, Austin, TX 78723

 **(512) 814-7480**  **info@latchedbeginnings.com**