

**Children's Speech and Language Therapy  
Tongue Tie Advice Sheet**

**What is a tongue tie?**

A tongue tie is where the strip of skin connecting the child's tongue to the bottom of their mouth is shorter than usual. There are 2 medical names for this, 'restricted lingual frenulum' or 'ankyloglossia'.

**Is tongue tie a problem?**

For many children, tongue tie is not a problem as they can still move their tongue properly. However, sometimes tongue tie does cause problems with feeding or speech.

**The tongue tie is a problem. What should I do?**

**Feeding**

Ask a medical professional to refer your child to speech and language therapy. Our website has a referral checklist with the problems that we can help with. A Speech and Language therapist will find out if the problem is caused by your child's tongue tie or by something different.

Some children can have a tongue tie that gets looser as they grow. Your child's problem with feeding may start to get better on its own.

A small number of children need a surgical procedure to release the tongue tie. Your speech and language therapist will refer you to the team that can help with this. This team will talk to you about the procedure, including the risks and benefits for your child.

**Speech**

Tongue ties rarely cause problems with speaking. However, if you are worried about your child's speech use the referral checklist on our website to find out if a referral is needed.



**Telephone:** 01226 644331 (answer machine available)

**Email:** [barnsley.speechtherapy@swyt.nhs.uk](mailto:barnsley.speechtherapy@swyt.nhs.uk)

**Website:** [www.barnsleyspeechtherapy.co.uk](http://www.barnsleyspeechtherapy.co.uk)

**Facebook:** @Barnsley Specialist Children's health

**Twitter:** @BarnsleySCH

**Youtube:** <https://www.youtube.com/c/Barnsleyspeechandlanguage therapy>

With **all of us** in mind.