



Suck Training or Exercise

Start second week- Do exercises for
2 weeks for 2 minutes

Tongue-tied babies can have disorganized or weak sucking patterns. The below listed exercises can benefit their tongue movement. These three exercises are simple and should be done to improve suck quality.

1. Slowly rub along the lower gum line from side to side and have your baby's tongue follow your finger. This helps strengthen the side-to-side or lateral movement of the tongue.
2. Have your child suck on your finger or pacifier and do a tug-of-war, slowly trying to pull your finger out while they try to suck it back in. This exercise will strengthen the tongue itself.
3. Let your child suck your finger, gently press down on the tongue and stroke the middle of the tongue as the baby's tongue moves up.

*These exercises are not to be done at same time as stretches or massages