

Referrals

The Leeds Speech and Language Therapy Service accepts referrals from professionals such as 0-19 Specialist Public Health Nurses, GPs and teachers but also from parents and carers themselves.

Contact us

If you have concerns about your child's talking for any reason, please contact your local speech and language therapist. Your 0-19 Specialist Public Health Nurse, GP or school will be able to tell you how to do this, or contact:

Speech and Language Therapy Service
3rd Floor, Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF
Tel: 0113 843 3650

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

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Tongue tie



A leaflet for parents / carers who are concerned that their child might have a tongue-tie

Produced by The Leeds Speech and Language Therapy Service
Building communication skills for life

What is tongue-tie?

People sometimes suggest that a child with unclear speech is 'tongue-tied'.

However, 'tongue-tie' is a term which people often use incorrectly when talking about speech difficulties. Most children who have problems with their speech don't actually have a tongue-tie.

If you look in the mirror, open your mouth wide and lift your tongue, you will see something which is called a frenulum. This attaches the underside of your tongue to the floor of your mouth.

In some children, the frenulum may be closer than usual to the tongue tip or may be particularly short or tight. This is what the term 'tongue-tie' actually means.



I think my child might have a tongue-tie. What should I do?

If you are at all concerned, speak to your midwife, 0-19 Specialist Public Health Nurse (formerly know as a health visitor) or GP. They will be able to tell you whether your child does have a tongue-tie or not.

I have been told that my child does have an actual tongue-tie. Should I be worried about his/her speech?

In most cases there is no need to worry at all. Many people used to think that a tongue-tie caused problems with talking, but this is hardly ever the case. We now know that many children with a tongue-tie develop speech and language normally.

A tongue-tie may restrict tongue movements, such as sticking out the tongue, in some cases. Even so, this is unlikely to cause speech or language difficulties.

Speech and language difficulties are common in young children. Some children may have an actual tongue-tie as well, but this is rarely the cause of speech and language difficulties. Your speech and language therapist will be able to give you advice about this.

Does tongue-tie have any effects?

An actual tongue-tie may sometimes affect:

- **Breast feeding** - talk to your midwife / 0-19 Specialist Public Health Nurse if you have any concerns.
- **Chewing** - talk to your 0-19 Specialist Public Health Nurse if you have any concerns.
- **Dental health** - your dentist is the best person to advise you about this.
- **The appearance of the tongue** - if you are concerned about the appearance of your child's tongue, or if they become self-conscious as they grow older, your GP will be able to advise you.

Is surgery necessary for a tongue-tie?

Snipping of tongue-ties used to be routine but is now less common.

I have been told that my child does not have a tongue-tie but I am still worried about his/her talking. What should I do?

Children have difficulty in learning to talk for many different reasons.

A speech and language therapist will be able to assess your child's speech and language development and give you advice.