



### Tethered Oral Tissue- Red flags and Impacts on Feeding and Speech Development

Tethered oral tissues (TOTs), more commonly known as tongue/lip tie, are characterized by a thick or tight band of tissue called frenula that can restrict movement of the tongue/lip. There are three different locations of TOTs can occur;

- **Labial TOTs:** Also known as a lip tie, are located in the center of the upper and lower lips.
- **Buccal TOTs:** These are located on the upper and lower buccal musculature (to the left and right of the labial ties)
- **Lingual TOTs:** Also known as ankyloglossia or tongue tie, are located under the tongue.

#### RED FLAGS:

##### Structural Observations:

- High/narrow/shallow palate
- Diastema (space between) the top central incisors
- Inversion/crooked presentation of lower central incisors
- Open mouth posture
- Heart shaped tongue tip
- Dental malocclusions

##### Functional Observation:

- Tongue thrusting when swallowing
- Oral phase feeding issues (bolus control and mobility)
- Breast feeding issues/maternal pain
- Snoring
- Mouth breathing
- "GERD" symptoms
- Sleep disordered breathing (SDB), Sleep apnea
- Articulation errors\*\*

#### Impacts on Feeding and Speech:

##### Feeding:

- All oral phase feeding can be impacted during: breast feeding, bottle feeding, spoon feeding, solids, cup and straw drinking

##### Speech Sounds Impacted:

- **Buccal:** reduced ability to support/contract the cheek to support production of /w, r, ʃ, tʃ, dʒ, ʒ/
- **Labial:** Reduced/poor lip closure/rounding for the production of /p, b, m, w/, and reduced ability to protrude the lips for /r, ʃ, tʃ, dʒ, ʒ/
- **Lingual:** Reduced/absent tongue tip elevation or retraction for /t, d, n, l, s, z, k, g, r, ʃ, tʃ, dʒ, ʒ/

**\*\* Ask your SLP if you are noticing any of these red flags or speech/feeding difficulty!\*\***

Reference: Merkal-Walsh, R., & Overland, L.L. (2018). *Functional assessment and remediation of TOTs (tethered oral tissue)*. TalkTools.

Thank you to those who came to Let's Talk dressed in their costumes. Everyone looked awesome! We hope you had a happy, safe, and INCREDIBLE Halloween this year!



## Upcoming Events

### **Sensory-inclusive Aquarium Event:**

**What:** Enjoy a quieter experience with all your favorite marine animals. Designed specifically for those with special sensory processing needs. This event will use soft lighting, limit the use of microphones, and implement other modifications to ensure a comfortable environment for all participants. Sensory bags, which include fidget items, noise-canceling headphones, and other resources will be available to borrow.

**When:** November 5th, 2018, 4:30 p.m.

**Where:** New England Aquarium

### **Strategies to Reduce Mealtime Meltdowns:**

**What:** Is it a challenge to cook a meal that your whole family will eat? Is dinnertime a battleground? Is your picky eater refusing to eat anything but her favorite five foods? Is your child having difficulty maintaining weight? Do you need some tips to get your child excited about mealtime?

\* This interactive, family-focused workshop is open to any parent who wants food and mealtimes to be less stressful and more fun for kids of any age.

\* Brainstorm approaches, learn strategies, and leave with some possibilities to try at home.

\* Hosted by the Maynard SEPAC.

\* The speaker is Maynard mom, Ann Alexopoulos, Speech Language Pathologist.

**When:** November 5<sup>th</sup>, 2018

**Where:** Fowler Library in Concord, MA

\*\* For more information please contact Karen Heath at [sepacoutreach@maynard.k12.ma.us](mailto:sepacoutreach@maynard.k12.ma.us) or 978-394-6183.



### **The Journey of Autism: Behavioral Strategies & Support for Parents:**

**What:** This event is free as part of The Autism Resource Center of The Arc of the South Shore "The Journey of Autism" series Behavioral Strategies. There will also be time for individual questions and specific concerns.

Each attendee will receive a tote bag and binder to organize all documents and information encountered on the "Journey of Autism."

**When:** November 6th & 13th, 2018 at 6pm

**Where:** The Arc in Braintree, MA

Contact Janine Birmingham, [autismresourcecenter@arcsouthshore.org](mailto:autismresourcecenter@arcsouthshore.org), 781-974-4602 for more information

### **Special-Education Resource Fair: Raynham:**

**What:** The Bridgewater-Raynham Special Education Parents Advisory Council (BR-SEPAC) Family Special Education Night provides parents/guardians with a place to gather information from 30+ organizations that offer services to children with special needs.

\* Local representatives from CCBC, FCSN, ARC, etc. provide parents with support and guidance.

\* While parents are gathering information, children will be supervised and active in sports activities, art projects, and eating healthy snacks.

\* There will be a raffle to benefit the BR-SEPAC with prizes such as: Kneadful Massage, Skyzone, Altitude, Upside Down Escape, local sporting events, police car/fire truck ride to school, etc.

**Let's Talk will also be at this event!!**

**When:** Thursday November 8<sup>th</sup> starting at 6-8pm

**Where:** Laliberte Elementary School in Raynham

## CANDY CORN CHALLENGE WINNER



Congratulations to Emily and James for winning the candy corn challenge! The total was 240 pieces and of candy, and they both guessed 237. Enjoy the candy!

Thank you for reading our Let's Talk Newsletter! We appreciate your feedback about additional events, resources, advice, and information you may have. In addition, we welcome recommendations about the content of the newsletter.

Please email: [nscalera@ltspeech.com](mailto:nscalera@ltspeech.com) with suggestions/comments/concerns.



### **\*\*Upcoming Social Groups\*\***

#### **Call the Office Now to Sign Up!**

##### Pretend Play Pals:

- Ages 3-6
- Goals: To facilitate social interaction and communication in a small group setting by engaging in cooperative pretend play and problem-solving with new themes each week.
- 6 weeks: Nov 13<sup>th</sup> -Dec 18<sup>th</sup>

##### Building/STEM Play Social Communication Group:

- Ages 7+
- Goals: Use project-based learning, in order to facilitate children working as a part of a group, considering each other's perspectives, organizing a plan, and executing the plan together.
- 6 weeks: Nov 12<sup>th</sup>- Dec 17<sup>th</sup>

### **\*\*Reminders\*\***

We are **OPEN** with normal hours on the following holidays:

- 11/6/18 Election day
- 11/12/18 Veterans Day

We are **CLOSED** on the following dates:

- 11/22/18 Thanksgiving Day
- 11/23/18 "Black Friday"

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