



Collaborating Clinicians



**Suzanne Ducharme MacFarlane, MS CCC-SLP
The Offices of Suzanne Ducharme**

Suzanne's primary training is as a pediatric Speech Language Pathologist. Nearly 25 years of experience in a variety of settings has given Suzanne the opportunity to develop and refine advanced clinical skills in treating children with a range of complex medical and developmental challenges. Suzanne has been offering traditional speech pathology services combined with Craniosacral Therapy and Reiki, which has led to the development of holistic speech pathology. This innovative approach looks at the whole child and considers their communication or feeding issues through the lens of their family, and their journey to reach their highest potential. In 2016, Suzanne's first book, *Childhood Speech and Language Disorders*, was published by Rowman and Littlefield. The book represents the integration of Suzanne's philosophy with practical and easily applied strategies for helping children learn communication skills, as well as support for parents navigating their own journey. Please enjoy the following article about Craniosacral therapy and tongue/lip ties.

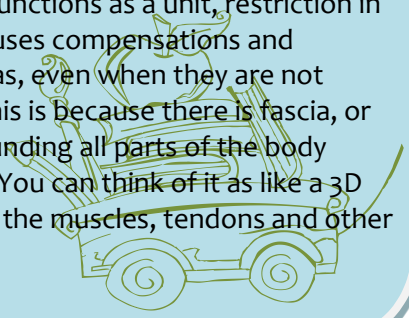
Craniosacral Therapy and Tongue Tie: How CST can help

**By Suzanne Ducharme MacFarlane, MS CCC-SLP
The Offices of Suzanne Ducharme**

It is estimated that 4% of all babies born have some sort of tethered oral tissue- a lip or tongue-tie or buccal ties- and sometimes all three. From my perspective as a pediatric Speech language pathologist and craniosacral therapy practitioner, babies who are struggling with ties seem to be everywhere. There definitely seems to be increased awareness of and diagnosis of ties, and all the challenges that come along with both the tie itself and the release process. This is also true for older kids who have had years of difficulty with feeding or speech. I would like to share some perspective about how craniosacral therapy can help both before and after a release, easing the process for you and your baby.

A tongue-tie is considered to be a remnant of tissue that should have changed or completed a process in utero. For whatever reason, that process did not complete and the tongue remains rooted to the floor of the mouth, restricting movement. We look at both the structure (how the tongue looks and feels) and the function (how the tongue moves and where it is at rest.) These are important factors because the tongue is so intimately involved with sleep (keeping an open airway), breathing, feeding and postural control. If your baby has a restricted tongue, it changes the way that muscles and tissues around it grow and function, both in utero and after birth. There are 8 muscles in the tongue and their attachments vary from the jaw to the collarbone and into the shoulder blades and rib cage. Many of the muscles attach via the hyoid bone, which attaches to many bones and muscle groups in the upper part of the body.

Since the body functions as a unit, restriction in one part of the body causes compensations and restrictions in other areas, even when they are not physically connected. This is because there is fascia, or connective tissue surrounding all parts of the body within a 3D framework. You can think of it as like a 3D bird's nest that holds all the muscles, tendons and other tissues.





It is critical to correct, or release any soft tissue restrictions that may impact breathing, feeding and sleep as early as possible to prevent negative patterns from becoming entrenched. In addition, abnormal movement patterns change the way the brain gets wired; putting things in the right place is critical.

Craniosacral therapy is a light touch hands on modality that helps to release soft tissue restrictions, and to balance the nervous system. Using pressure equivalent to 5 grams (about the weight of a nickel) the body is encouraged and facilitated to realign, release and rebalance. In my practice, I have found it to be very helpful for babies both pre- and post release. Some of the benefits include:

- Helping to balance the nervous system and release any birth trauma prior to a procedure, and releasing trauma after the procedure;
- Optimizing alignment and tissue softness to make the release easier;
- Releasing any whole body tension patterns and
- Releasing restrictions in the tongue, jaw and neck specifically;
- Helping baby organize before and after wound care and oral exercise; Improving latch and sucking skills for breast-feeding.

Many parents face an uphill battle in getting a correct diagnosis and going through the process to get a release. In addition, there is often frustration when things do not improve or even sometimes get worse after a release. This is because once the restriction is gone, the body, and the mouth, need to be re-educated about how to move. They need to learn what movements are now possible, and how to control the physical process of feeding (breast or bottle), swallowing, and breathing. **Release alone is not sufficient to provide your baby with everything needed to truly establish better function and overcome the negative patterns in place before the release.**

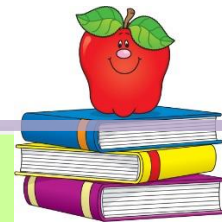
In addition, there are often emotional factors around feeding difficulty for you and your baby that need to be processed and integrated. Feeding refusal, lack of sleep and the significant disruption in the early bonding process needs to be honored and validated. In many cases, I have had the honor of working on mom after baby is on the right track. You need to be cared for as well. In my experience, most babies need 2-6 sessions of CST to release soft tissue restrictions, fully integrate the after care, and complete the process. Some have needed more, some less. Most babies improve with breast-feeding, even when they had not been able to successfully latch before the release. The goal is to work with each family on their specific goals.

Parents are often given different kinds of advice about what to do and expect after a release. Get chiropractic. Get massage. Get CST. Do stretches. Don't do stretches. It can be overwhelming to make sense of all the information and determine all the right steps to make sure that a release is successful. My best advice to you is to see what feels right to you, because there is not one right way. Meet with a chiropractor or CST practitioner and see how you feel when they are with you and your baby. And let the results speak for themselves.

****AND, all of these concepts apply even more to older children. For those kids who are finally identified as having a tie at 3 or 6 or even 8 years (it works for adults too), they may have YEARS of compensation patterns established in the mouth, the jaw and all over the body. This is from years of attempting to work around the restrictions in the tongue. Extra support and release will be critical in getting things moving in the right direction, and maximizing the effectiveness of a release. ****

I am happy to answer any questions about CST and the process at any time. I can be reached by phone at 339-214-2906, and by e-mail at Suzanne@Suzanne-Ducharme.com.





Upcoming Events

Managing Challenging Behavior Workshops

What: CPS (Collaborative Problem Solving) is an evidence-based approach to managing challenging behavior that promotes the understanding that challenging kids lack the skill – not the will – to behave; specifically, skills related to problem solving, flexibility and frustration tolerance.

- * Have you been meaning to get more training on CPS, but childcare has been an issue?
- * Have you attended a CPS class before and need a refresher, or a bit more practice?
- * Are you anxious about the coming school year? Get prepared to meet the challenge.

Registration is required so please contact Amelia Woodley 617-481-7227 ext 166 or awoodley@baystatecs.org

When: Every Monday, Sep 10 - Oct 1 at 6:00 pm

Where: Quincy Family Resource Center 1120 Hancock Street, South Entrance, 1st Floor (off Johnson Ave), Quincy, MA 02169

Special Education Law: Back to School Basics

What: Hear a practicing special-education attorney offer a back to school primer discussing the basics of special education law, including evaluations, eligibility, IEPs (Individualized Education Plans), and placement. Attorney Peter Hahn focuses on helping parents secure an appropriate education for their child, including representation at the Bureau of Special Education Appeals.

When: September 11, 2018

Where: Newton, MA

For more information, please contact peter@peterhahnlaw.com

Michelle Garcia Winner to Speak

What: This is a free event to the public! *What Does It Mean to Teach Social Competencies? Introducing concepts for teaching the Social Thinking Methodology* will feature Michelle Garcia Winner, Founder of Social Thinking, which specializes in the treatment of individuals with social learning challenges.

- Introduction by Ron Suskind, Pulitzer Prize winning journalist, and author of *Life, Animated*.
- Seating is limited to 130 attendees so please pre-register on the events webpage; <https://www.eventbrite.com/e/john-pratt-memorial-lecture-registration-47121450527>.

When: Thu, September 20, 2018 6:00 PM – 9:00 PM

Where: Whitehead Institute, Nine Cambridge Center 455 Main Street Cambridge, MA 02142

2018 Hearts and Hands Walk for Autism

What: CAR is a non-profit 501c3 Autism Resource & Support Center. The Hearts & Hands Walk for Autism and Family Fun Day is their SIGNATURE fundraiser! Although CAR is partially funded by DDS, they depend on this annual walk to raise funds to continue to provide the FREE and vital services & supports to children, adults and their families, as they face the everyday challenges of living with Autism Spectrum Disorders. All games, activities, prizes, & refreshments are FREE as a thank you to all for their efforts in helping to take action and raise money for this event! Please go the Community Autism Resources website for information on how to register: www.community-autism-resources.com

When: Saturday September 22nd 9:30 - 1:30

Where: Francis Farm in Rehoboth, MA



Free Conference for Families with Disabilities

What: Free and open to all families with a child diagnosed with a developmental delay. When a family includes a child with special-needs, parenting becomes even more of a challenge. There are no manuals and finding the help that is available becomes a full-time job. Learn how to:

- Navigate the system
- Receive assistance with applications
- Connect with others facing similar challenges
- Give your other children the chance to explore their feelings about the difference in their family while having fun by participating in a Sibshop.

**Registration is required so please call this number for more information: 508-835-4278

When: September 27, 2018

Where: KDC Support Center in Milford, MA



OUR SUCCESSFUL APRAXIA WALK 2018



2018 Walk for Apraxia was a success! We saw so many new faces and enjoyed seeing returning apraxia stars! Thank you to everyone who helped with donations and supported this amazing cause! Together, we raised over \$30,000 thus far, with more to come!

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 with suggestions/comments/concerns.

Back to School 100 Challenge!

Complete 100 targets either during your session or for homework and your name will be placed in a drawing for a cool prize!

Ask your clinician about it!



Reminders

Fall Schedule begins on 9/4/18
We are **Closed** the following dates:

- 9/3/18 (Labor Day)

We are open the rest of the month. If you need to cancel a session, please let your clinician know!



Let's Talk Speech and Language Therapy Services LLC.

802 Washington St
South Easton, MA 02375

Phone: (508)-230-8181

Website: www.ltspeech.com

