Dear (Caregiver),

This letter is in regards to my experience with my baby’s (tongue tie / posterior tongue tie / lip tie.) After reading this letter, I hope that you will have nurses, pediatricians, and lactation consultants check for a tongue and lip tie in every struggling baby so that families will not have to undergo the same struggle that we went through.

(Tell your own story with the caregiver and your struggle here.

I reached out for help because…

During my visits I was told…

I was recommended…)

(Share how you learned about ties and how you found help. Edit the following paragraph or write your own.)

After posting pleas for help with my situation on breastfeeding forums, other moms shared stories about posterior tongue ties (very common but a little harder to see than an anterior tie) and upper lip ties that had been missed or ignored by their IBCLCs and pediatricians. I discovered my baby had a severe upper lip tie as well as a posterior tongue tie (where the frenulum connected half way up the tongue, as opposed to an anterior tie where the frenulum comes to the very tip) that caused us to have all of these symptoms. Through the Tongue Tie Baby Support Group, I was referred to (Dr., location) for a revision.

Even though the consultant I met with had great intentions of helping my infant gain weight, she did not diagnose his posterior tongue tie and lip tie as the cause. Although I eventually figured out our issue with extensive research and conversations with other frustrated mothers, I wish I was told when I came for help that our initial problem was due to one of the most common problem that babies are born with: tongue and lip ties.

I am seeking your attention to promote healthy breastfeeding and save families from unnecessary suffering. I understand that it is not taught to medical professionals currently as it was before bottle feeding became common, but I hope by reaching out to professionals that have not dealt with ties, correct information and help can be given to families. The diagnosis is far too simple to let a baby slip through the cracks and allow struggling parents to give up on breastfeeding.

I look forward to hearing from you regarding my situation. I am including a small outline of what is and is not associated with ties and some of the many resources available so that you can keep patients from going through the difficulties, heartache, and sense of failure that I went through.

Sincerely,