

# TOTs (Tethered Oral Tissues) Program

The TOTs Program serves newborns and young infants with feeding challenges due to tethered oral tissues (i.e., tongue and lip ties). Through a team model, infants under 6 months old and their caregivers are seen by a speech-language pathologist or occupational therapist, a physical therapist, and a clinical social worker to address breastfeeding and bottle-feeding challenges and issues of body alignment. The team also offers emotional support to families throughout the treatment. Our feeding therapists are also certified in lactation support.

The treatment process typically averages four to eight treatment sessions over two to six months. Some babies may require additional physical therapy to address ongoing atypical movement patterns.

Participating caregivers have reported a high rate of satisfaction with both the treatment team and their ability to restore the feeding relationship with their baby in a short amount of time.



## TOTs (Tethered Oral Tissues) Program

For your convenience, the TOTs Program has multiple locations. Call us to find a location near you.

For more information or to request services, please contact the TOTs Program referral coordinator, Rebekah Barnes, at **443-923-3881**.

*The photograph used is for illustrative purposes only, and any person shown is a model.*

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other people served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. © 2024 Kennedy Krieger Institute 4/24



Kennedy Krieger Institute

Learn More. Get Involved. Stay Connected. Visit [KennedyKrieger.org/Connect](https://www.kennedykrieger.org/Connect)

