

# Tongue Tie



Tongue Tie is also known as ankyloglossia

Tongue Tie is a common condition which is present from birth. Tongue tie is where the skin attaching the tongue to the floor of the mouth is tight, short or thick.

If it's very short or tight, it can make it harder to move the tongue. It is believed to affect 2% to 10% of children and more of the children affected are boys.

## What are the signs of a Tongue Tie?

- You may notice the tip of your child's tongue looks like a heart shape.
- Your child may find it difficult to move their tongue past their lower teeth.
- Your child may not be able to poke their tongue out.

## What about speech sounds?

Do not worry if your child cannot say all sounds correctly. **Lots of children make mistakes** as they develop their speech. However, there are some things you can do at home:

- **Respond to what your child says**, not how they say it, if they make a mistake.
- **Avoid correcting** your child's mistakes. Instead, **repeat back** what they said correctly so they hear an accurate model.
- **Avoid asking your child to repeat** a word when you do not understand. It's much better to encourage them to show you, point to something, take you to what they are talking about or use a gesture.

## Should I be worried?

- A tongue tie **doesn't have any impact on most children's speech or language**. It will not stop your child learning and saying words, and it is unlikely it will affect your child saying sounds in words correctly.
- Most children with a tongue tie are able to move their tongue into different positions for their sounds.

Find further information

If you are worried, ask your GP, health visitor, playworker, childcare or school practitioner for information.