

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). In a team model, infants under 6 months of age are seen by a speech-language pathologist and a physical therapist to address breast- and bottle-feeding challenges while also treating issues of body alignment, including plagiocephaly and torticollis. Our feeding therapists are also certified in lactation support.

The treatment process typically averages six to eight treatment sessions. Some babies may require additional physical therapy to address ongoing atypical movement patterns. A mental health therapist specializing in perinatal mental health is also part of the team, offering mental health support to parents and families.

Participating families have reported a high rate of satisfaction with their ability to restore the feeding relationship with their babies in a short amount of time while receiving comprehensive support.



TOTs Program

1750 East Fairmount Avenue
Baltimore, MD 21231

For more information or to request services, please call our referral line at **443-923-3881**.

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