

Breastfeeding Benefits, Problems, and Solutions

Dr. Jennifer Kerr, DDS

Breastfeeding is known for having immunological and psychological benefits for both mother and baby.

But did you know it also supports proper facial development?

Proper facial development advantages may include development of a wider palate, a more open airway, and proper tongue posture, all of which may reduce the risk of dental related problems or other medical concerns.

Many mothers who intend to breastfeed often wean prematurely due to (but not limited to) some of the following problems:

- Poor or weak latch
- Infant slides off the nipple when attempting to latch
- Severe pain with latch causing blisters, bruises, cracks or other damage to the nipples
- Gummy or chewing of the nipple while nursing
- Colic symptoms/Reflux symptoms
- Poor weight gain
- Thrush
- Infant falls asleep unsatisfied while attempting to nurse requiring frequent feedings
- Nipple or breast infection from clogged ducts or mastitis due to incomplete milk drainage
- Premature loss of milk supply

WHILE BREASTFEEDING PROBLEMS ARE COMMON, THAT DOES NOT MEAN THEY ARE NORMAL

Did you know that these symptoms may be the result of a **TONGUE-TIE AND/OR A LIP-TIE?**

These ties may be causing a restriction in proper breastfeeding mechanics which can lead to any of the above signs and symptoms

Some Common Myths Relating to Breastfeeding and Tongue and Lip-Tie:

- Your child is a lazy eater
- Your nipples need to toughen up
- Your nipple is too big or your baby's mouth is too small
- You are not making enough milk
- Your baby can stick their tongue out so they are not tongue-tied
- Your baby's tongue or lip-tie will stretch out over time

Dr. Jennifer Kerr is a general dentist that is available to treat your infant's tongue and lip-tie using a very safe and simple laser procedure. This laser procedure is known as a **frenectomy** and can be performed in the dental office without the need for general anesthesia. Your child is able to nurse immediately after the procedure and is followed closely during the healing process.



Before Treatment



After Treatment



It is important to note that not all breastfeeding problems are the result of a tongue and lip-tie. It is very important to seek the help of an International Board Certified Lactation Consultant (IBCLC) and a body worker such as a chiropractor or cranial sacral therapist to provide the best possible outcome for you and your baby.

For more information please contact our office or visit our website at:

