

**Pre-Op Tongue-Tie Exercises**

For best results we recommend performing each of these exercises 2 times a day for at least 3 weeks prior to your child’s tongue-tie release.

**TONGUE AROUND THE WORLD**

Move the tongue in a circle along the teeth. Keep the lips closed. Don’t move the jaw. Begin with smaller circles around, build up to larger circles as tongue gets stronger. **5x in each direction (building up to 10x each direction), 2x/day.**

**LIP LICKERS**

Lick the lips in a full circle, as if you are trying to lick off something sticky. **10x in each direction, 2x/day**.

**TONGUE CLICKS**

Suction the tongue to the roof of the mouth, smile, and click the tongue down. Try not to move the jaw. **30 loud ones, 2x/day.**

**PEANUT BUTTER SCRAPES**

Open the mouth wide. Place the tip of the tongue behind the top front teeth. Scrape backwards as far as possible, toward the throat. **10x, 2x/day.**

**TONGUE DRAGS**

Same as the Peanut Butter Scrapes, but this time with the tongue suctioned to the roof of the mouth. **10x, 2x/day.**

**FRENUM MASSAGE**

Suction the tongue to the roof of the mouth. Open as wide as possible. Then with 2 fingers, rub the frenum on both sides, from bottom to top. Try to rub as far back as possible. After 10 of these, massage 10 times on each side with one finger. **10 in the middle, & 10 on each side, 2x/day.**

**TONGUE PUSH UPS**

Hold the lower jaw in place with one hand. Do not let it come forward. Open the mouth & extend the tongue out to a tongue depressor (or back of a spoon). Push as hard as possible. Hold for 3-10 seconds. **15x Hold each 3-10 seconds, 2x/day.**