

TOTs (Tethered Oral Tissues) Program

1750 East Fairmount Avenue, Baltimore, MD 21231



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/or a physical therapist to address breast- and bottle-feeding challenges while also treating issues of body alignment.

The treatment process typically averages four to eight treatment sessions. Some babies may require additional physical therapy to address ongoing atypical movement patterns. Most families who participate in the program are able to meet the feeding goals they have for their baby.

Participating parents have reported a high rate of satisfaction with both the treatment team (a speech-language pathologist and a physical therapist) and their ability to restore the feeding relationship with their baby in a short amount of time.

For more information or to request services, please contact the TOTs referral coordinator, **Sarah Miller**, at 443-923-2638 or our referral line at 443-923-3285.



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