



Baby Bonds

Baby Body Work





Medical Disclaimer

This guide offers an understanding of Tongue Tie and information on Tongue Tie Releases. Baby Bonds is offered strictly as an educational resource. By using the website, or any webpages or services related thereto, including but not limited to the Telehealth services or breastfeeding guide the user agrees that the Website and Services do not constitute medical advice and are not to be construed as giving or receiving medical advice, nor to set up a client/lactation consultant relationship. The Website and Services are not a substitute for appropriate medical care. Please consult with your medical/healthcare provider for medical advice and for specific questions relating to your medical situation. Telehealth visits, clinic consults, and home visits are available but will require a signature on a consent form before private services can be offered.



**THIS IS NOT INTENDED TO REPLACE SEEING AN IBCLC BEFORE AND AFTER THE PROCEDURE.
IT IS CRUCIAL THAT YOU HAVE FOLLOW UP TO HAVE OPTIMAL RESULTS AND AVOID REATTACHMENT.**



Suck Training Exercises



Jaw massage



Trace gum line, top and bottom to get tongue to lateralize



Push on the sides of the tongue to strengthen



While sucking, gently pull forward with knuckle



Massage cheeks, one finger in mouth and one out



Windshield wiper on the palate pressure on the sides only



[Suck Training Videos](#)

Having some fun exercises help to decrease chance of oral aversion

Use singing and happy voice to distract baby

It is recommended to also do these before the procedure to get baby used to having someone in their mouth





Rhythmic Movements

These exercises and stretches can help relax muscles, calm baby, and improve breastfeeding



Rock on back



Rock on shoulder



Happy baby pose rolling from side to side having cheek touch each side



Back bend stretch before latching



Stretch out arm and opposite leg, then bring together in midline touch



Ribcage rock



Tummy time bum rock



See Resource Page Video



Tummy Time



Make time for tummy time daily



Always roll in and out of tummy time



Start with newborn on your chest, lying at an angle



Helps strengthen muscles, and promotes optimal tongue position



Get down on the floor with baby to interact



[Tummy Time Method](#)





Tongue Posture

- Entire tongue body should rest on the upper palate
- When sleeping, mouth should be closed
- To check tongue while sleeping, pull chin down



Check tongue while sleeping- if tongue is not on the upper palate, use finger under chin on soft area to push the tongue up to the upper palate

 [*Sleeping tongue stretch Video*](#)





Why Body Work

♥ Releases tension caused from the compensation of a less functional tongue

♥ Aligns the spine

♥ Calms the central nervous system

♥ Helps to make new muscle memory

♥ Muscle will always win over bone, so if baby is tight from compensating the muscle will continue to pull the spine out of alignment

♥ Improves cranial nerve function. Muscles are directed to move by nerves. When nerves from the cranium are compressed there is poor oral function.



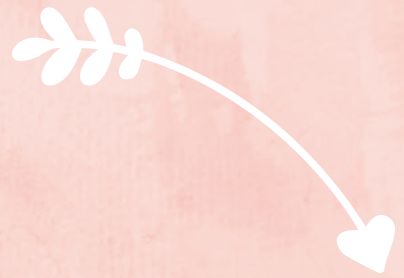
Why some babies need more body work





Body Work is Crucial

Chiropractic Doctors



→ Dr. Kjersten Jones
(208) 383-3703, Boise
• Most insurances, no Medicaid

→ BODO Chiropractic
(208) 342-7136, Boise Downtown
• Most insurances, no Medicaid

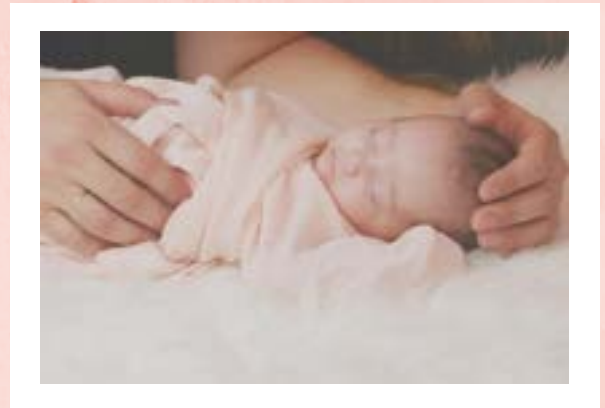
→ Dr. Todd Harrison
(208) 965-8784, Nampa
• Most insurances, no Medicaid

→ Dr. Nichole Harvey
(208) 342-9225, SE Boise
• Most insurances, including Medicaid, but no BCBS

→ Highland Chiropractic
(208) 939-0775, Meridian
• Most insurances, including Medicaid

→ Dr. Anthony Cutting
(208) 345-3320, Meridian
• Blue Cross, Anthem, Regence, Select Health

→ Dr. Eric Dahl
(208) 895-8595, Meridian
• Affordable private pay membership



It is ideal to have body work, both craniosacral and chiropractic care, within a few days before and a few days after release.



Body Work is Crucial

Craniosacral and Physical Therapists



- Melanie Henstrom, Craniosacral/Fascial
(208)991-4488, Boise
 - Cigna, BCBS, Anthem, Regence
- Shellie Oakley, PT/Craniosacral Therapy
(208) 982-0492, Boise
 - Takes most major insurances
- Hayley McDonald, or Magda *Waliszewska*
(208) 428-4968 Craniosacral
 - Private pay only
- Melanie Michaels, Craniosacral/Physical Therapist
(907) 350-3657, Boise
 - Most insurances, including Medicaid
- Vicky Schmadeka, Craniosacral Therapist/Kinesiologist
(208) 451-5768, Meridian
 - Private pay, provides superbill for reimbursement
- Kim Moffett, Craniosacral Therapist
(208) 866-5828, Boise
 - Private pay

Craniosacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. Using a soft touch which is generally no greater than 5 grams - about the weight of a nickel - practitioners release restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it's effective for a wide range of medical problems associated with pain and dysfunction.



Don't Worry, You've Got This!

Best wishes on your breastfeeding journey! Know that we are here for you if there is anything you need.

Home and clinic visits available in Boise, Idaho. Virtual visits also available.



[Find Baby Bonds here](#)



[Join Boise Breastfeeding Support Facebook Group here](#)

