



## Association of Tongue-tie Practitioners®

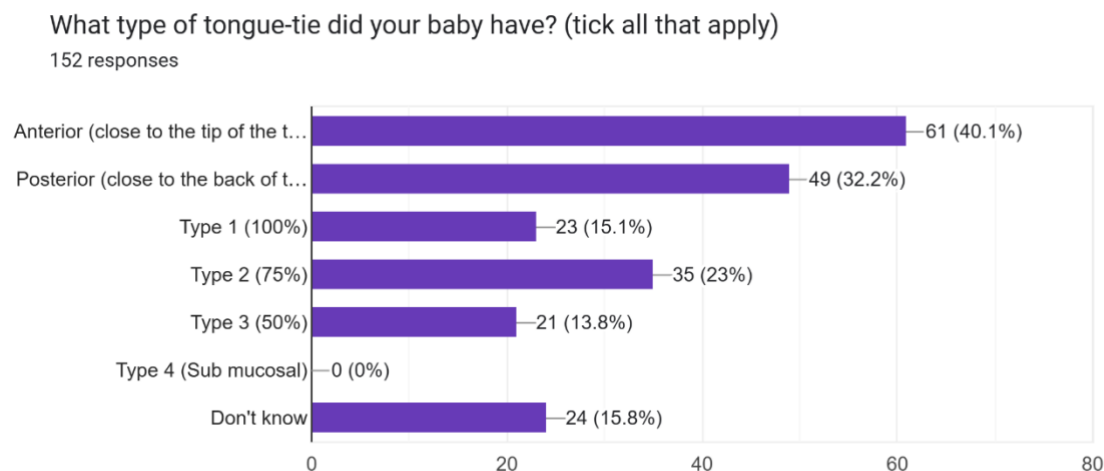
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### Bottle fed babies and tongue-tie audit 2025 update.

The Association of Tongue-tie Practitioners (ATP) asked members to ask the families of fully formula fed babies they had treated for tongue-tie during the late summer and autumn of 2023 to complete a questionnaire on Google Forms. It was requested that the questionnaire should be sent to parents to complete 4 weeks after division. After the initial data collection period a decision was made to keep this audit open. Below is a summary of data collected up until 17 August 2025.

The ATP received 152 responses from families. 152 divisions were carried out between 27 July 2024 and 23 July 2025.

The answers to the questions are shown below:



The majority of babies treated (119) had an anterior/type one/type two tongue-tie. 70 had posterior/type 3 tongue-tie and in 24 cases the family didn't know what type of tongue-tie their baby had.

### If your practitioner gave your baby's tongue-tie a score please enter it below?

71 families answered the question on scoring. 27 gave a percentage which is a classification rather than a score from an assessment tool. families in total provided a score from an assessment tool. 10 gave a HATLFF score and 14 gave a BTAT scores. 3 scores given did not



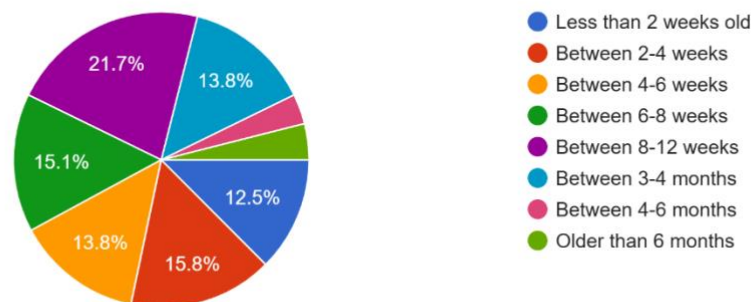
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make any sense whether they were from the HATLFF or the BTAT. One baby had a BTAT and HATLFF score of 5 and 7/6 respectively. The other HATLFF scores ranged from 2-11 for function and 5-8 on appearance. The range of scores for the BTAT was 0-5. This suggests that either assessment tools are not being used universally or are not being communicated to parents. Two parents commented that they were given a score but couldn't remember it. But these scores suggest that where assessment tools are used division is being provided appropriately.

How old was your baby when they had the division?

152 responses



78.9 % of babies had division by the time they were 12 weeks old, with 42.1% having division by 6 weeks of age. Only 3.9% who responded had division when they were older than 6 months.

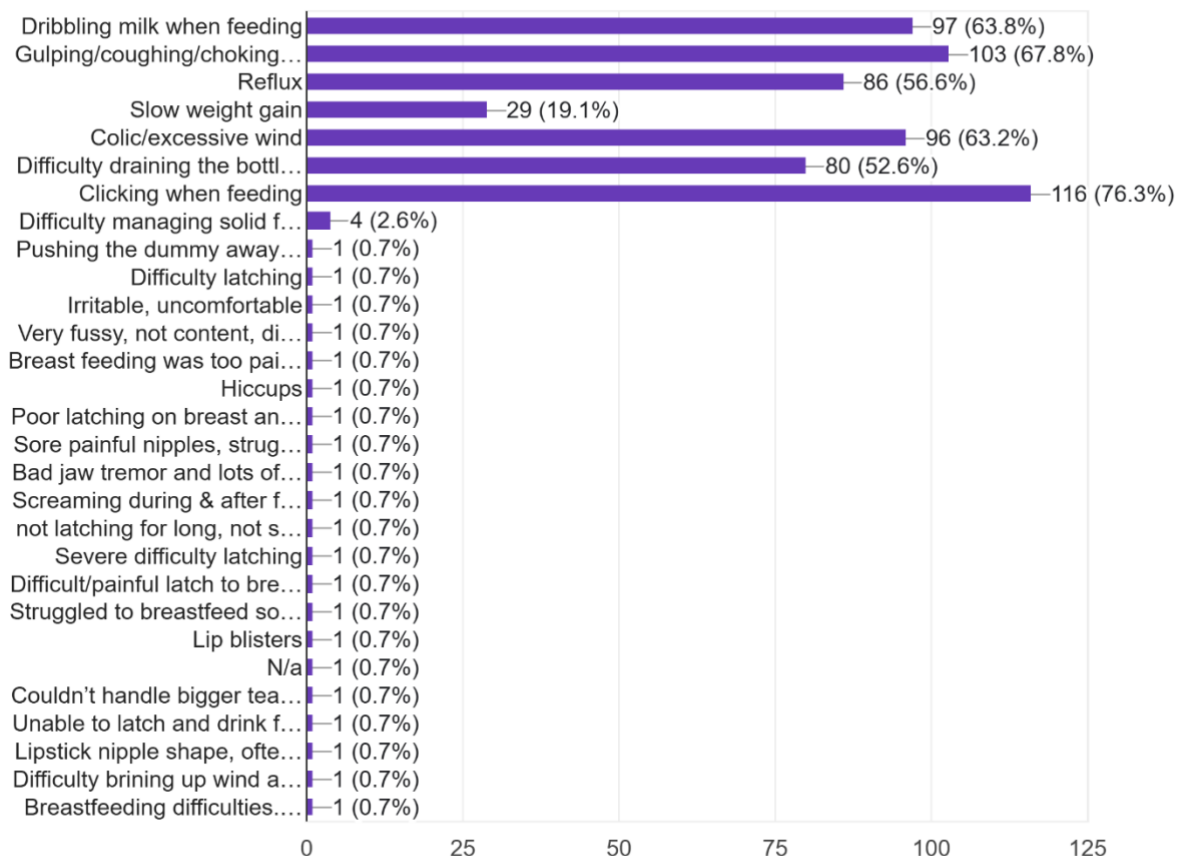


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What feeding difficulties did your baby have prior to the division? (Tick all that apply)

152 responses



Clicking was the most common symptom reported (76.3%). But over half reported difficulty draining the bottle (52.6%) and around two thirds reporting reflux (56.6%), Dribbling milk and gulping/coughing/choking (67.8%) and colic/wind (63.2%). The 4 of the 6 babies who were treated at over 6 months old both had difficulty with solids. Only 29 babies (19%) had slow weight gain which is often used as the main criteria for treating tongue-tie.

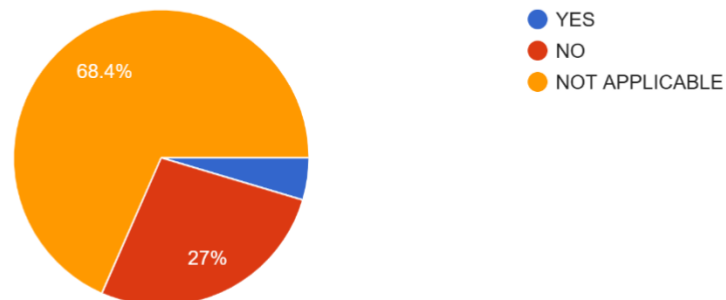


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If your baby was on a special formula for babies with allergies were you able to stop this after the division?

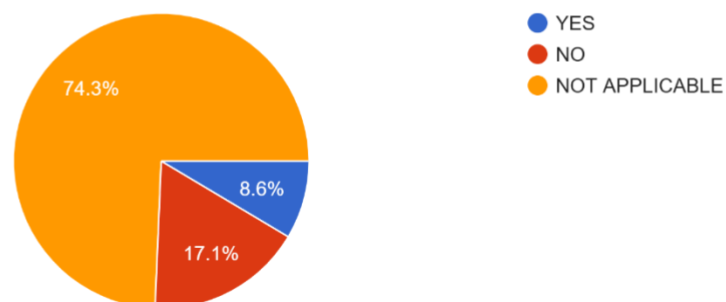
152 responses



A total of 48 (31%) of the babies were on allergy formula. 7 of the 48 (14%) were able to come off this post division.

If your baby was on a formula for babies with reflux or you were using a thickener were you able to stop this after the division?

152 responses



39 (24.7 %) of the babies were on reflux formula or thickener. 13 babies (one third) were able to stop this post division.

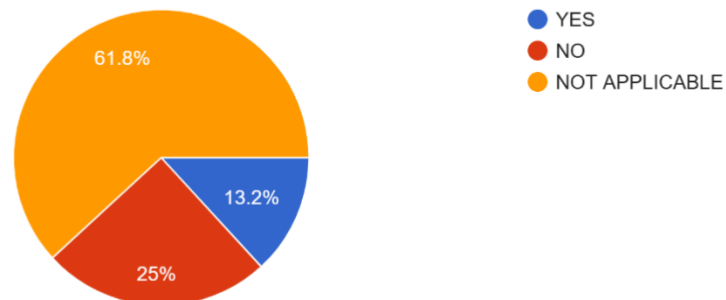


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If your baby was on reflux medication prior to division were you able to stop this medication after the division?

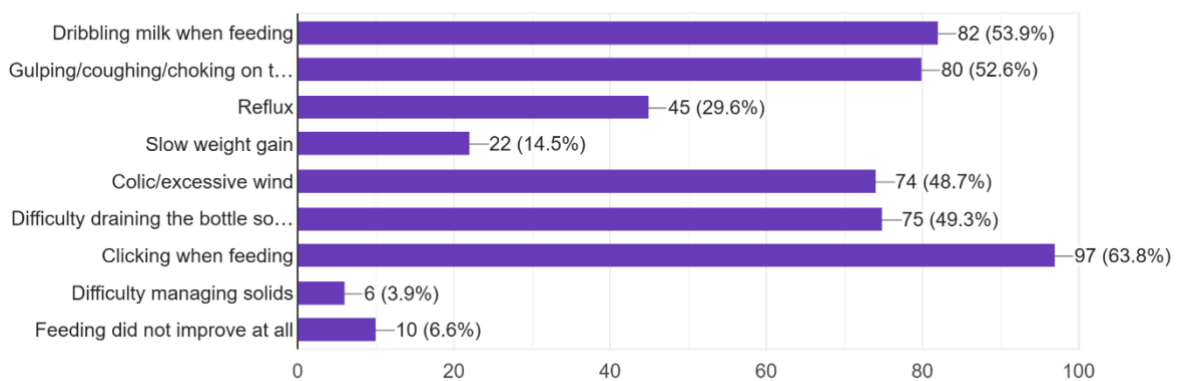
152 responses



20 babies (34%) out of the 58 on reflux medication were able to stop this post division.

Which feeding difficulties improved after division?

152 responses





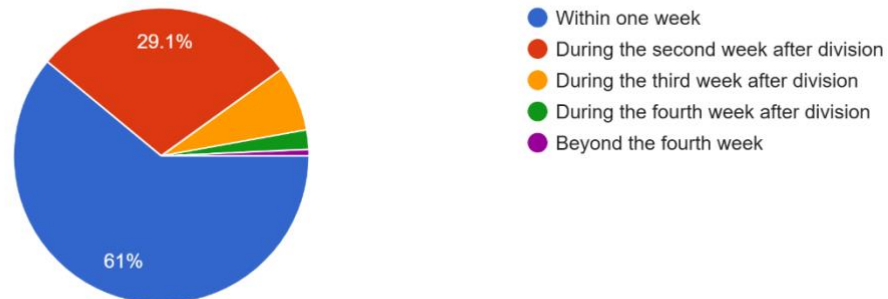
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Symptom	Number of babies pre division	Number of babies post division	Percentage who reported improvement
Dribbling milk	97	82	84%
Gulping/coughing/choking	103	80	77%
Reflux	86	45	52%
Colic/Wind	96	74	77%
Difficulty draining bottle	80	75	93%
Slow weight gain	29	22	75%
Clicking	116	97	83%
Difficulty with solids	4 (reported issues)	6	100%

If your baby showed improvements in feeding after division how soon did you notice these?

141 responses



Over half of all babies showed improvements within a week.

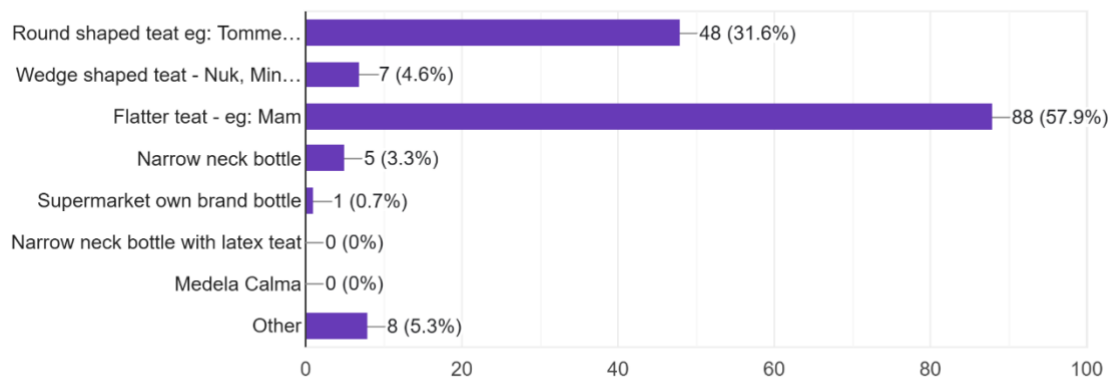


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What type of bottle teat did you find your baby coped with best before the division?

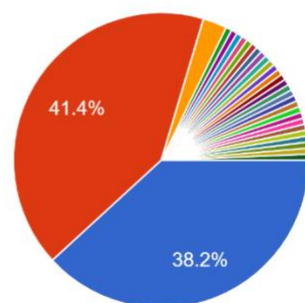
152 responses



Flatter teat bottles were the favoured bottle type with 88 babies using these. 48 babies were on round shaped teats, 7 on wedge shaped, 0 on narrow neck bottles, one on a supermarket own brand bottle and 8 on an unspecified 'other'.

Why did your formula feed your baby?

152 responses



- You chose to formula feed from birth
- Breastfeeding was too difficult to conti...
- You could have continued to breastfee...
- You were told by a healthcare professi...
- Baby wouldn't latch so had to give bot...
- N/A, purely breastfed
- Unable to breastfeed due to medical i...
- Breastfed and still breastfeeding by ex...

▲ 1/4 ▼



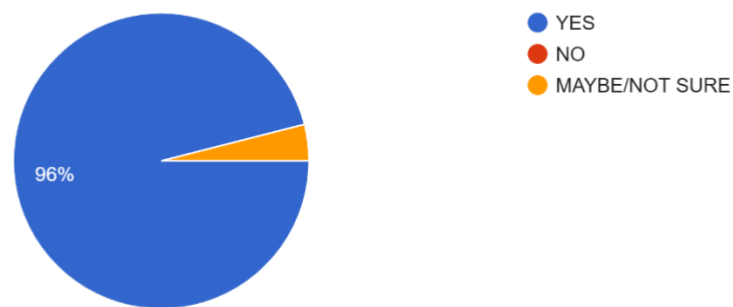
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Only 38.2% of the families in the survey chose to formula feed.

If you were in the same situation again would you have your baby's tongue-tie divided?

151 responses



Only 6 (4%) of the 152 families where not sure if they would have the division again.

Comments added by families:

My son has had his tongue tie snipped twice due to scar tissue forming and connecting the tongue tie again

Should be provided by the nhs as not everyone can afford to go private. It's a very expensive service for a two second procedure. Follow up care and perhaps a checkup would have been good as part of the cost

Tongue tied reformed and it had to be recut when mother noticed at 4 months old

Having had a previous child with a tongue tie that was divided at 4 days old due to being unable to feed, I knew it was a possibility again due to the genetic nature of the condition. I was lucky enough to have this service done before I left hospital as I was breastfeeding. Knowing I was unable to breastfeed this time around due to a medical condition, I was worried we would be unable to get a revision. My baby suffered during the 5 weeks before the revision and experienced instant relief afterwards, resulting in a happier and healthy mum and baby. Babies, regardless of if they are bottle, breast, combi etc fed deserve to experience comfort during eating. Eating is a basic human function required to sustain life,





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so to say only breastfeeding babies deserve treatment to help them, is absurd and unfair. There are a plethora of reasons why mums choose to bottle feed, be it formula or expressed breastmilk and all babies should be given equal opportunities at birth, not punished for how the milk reaches them. I would partake in the revision again in a heartbeat.

I wish the division had been done much sooner/it had been mentioned to me as a possibility, as I mightve got breastfeeding established (I couldn't get my daughter to latch on properly and gave up on breastfeeding fairly early on)

Ended up taking my baby to go private to get her tounge tie checked and divided. As in my baby's 6-8 week check the dr said she was tounge tied but wouldn't do anything about it as my baby had gain weight despite all the problems I was telling her about from the cause of the tounge tie. I had to fight for dr to refer my baby and she made she to tell me once she did the referral that it was likely to get rejected. So I came home and decided to go private and get the problem sorted there and then so my baby wouldn't suffer.

Tongue tie division made a huge difference. I had to bottle feed as I was not making enough milk to breastfeed. Even though breastfeeding would be easier now I am not producing breast milk so I will continue to bottle feed. Being able to drink more easily from a bottle (quicker feeds with no discomfort from gas afterwards) had greatly improved my babies and my wellbeing.

When i went to the GP i was prescribed allergy milk and i felt i was just being fobbed off with something to try and when i brought up the possibility of a tongue tie there was a quick check done and sent away, i had a gut feeling it may be a tongue tie still so our osteopath checked and said we did, when contacting my HV she told me NHS wouldnt look at us as my daughter was bottle fed and gaining weight, so we booked in to get an assessment and my gut was correct she had a tongue tie, i just find the lack of support from NHS terrible and not everyone is fortune enough to go private.

Helped me improve my milk supply & using assisted feeder to reduce the bottle feeds

Really happy after having tongue tie divided

Having the tongue tie procedure completed was such a simple procedure and made a massive impact instantly in our childs health. I would 100% recommend this to other parents if their child is tongue tied.



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Best thing I ever did for my son, it is unbelievable the NHS refused to rectify this. So happy I came to Sarah.

Sadly, because my daughter was bottled fed, there was little/no help from healthcare services. The GP did not investigate the possibility of tongue tie to be the cause of slow weight gain, tongue tie was dismissed because I was bottle feeding at this point. Health services are geared more towards breastfeeding support so I found it hard to seek advice or support.

Tongue tie and feeding assessments should be carried out routinely to all newborn babies. Feeding issues destroy a mother's confidence in being able to feed her baby, something that in the developed world should never happen. I would go as far as saying this assessment and help should be the baby's human right. I hope you will be able to bring some change to the current landscape in this field.

It was a breath of fresh air when I found someone who cared that my baby wasn't feeding well and I wasn't breastfeeding, the NHS didn't care because she was bottle fed and gaining weight. However we were having a nightmare with her colic/wind and bad latch. Angela helped me so much and I now have a happier content baby which has made it so much easier.

The service we had to seek Privately should most certainly be a standard for the NHS during the new born baby assessments at time of birth in order to save the future time, money and distress following unresolved tongue ties and the issues that arise from restrictions.

Tongue tie division is massively important and I wish my health visitor had acknowledged it when my baby was having weight issues, because we might not have had trouble breast feeding and I never wanted to use formula. But nothing was done and weight checks were all that happened.

Angela was fantastic at Recutting my baby's Tongue tie that was previously cut on the NHS, but wasn't cut fully.

This should be checked in hospital post birth for all babies. It causing so much stress and discomfort for both baby and mother.



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We had been pushed aside by health professionals as our son was not breastfed. However, his tongue tie was serious and caused so many issues for him that I was unaware of the link. It would have also caused problems with his speech and tooth growth and I feel really sad that something so impactful can be brushed aside so flippantly.

The difference in my baby after the tongue tie release was straight away he wasn't choking on food and no longer storing it in his cheeks as he could get to it. Am just disappointed it wasn't picked up sooner and that the nhs didn't do much to help

amazing knowledge and service we felt in the best care for our baby's needs

Thank you so much to (name of ATP), my baby feeds so well now, and giving her a bottle is now a nice experience for us both.

Breast is best and sadly every single guideline and piece of information out there is for breastfed babies. The only difference between breast and bottle is that it causes pain for the mum when breastfeeding. The mental health impact still exists when bottle feeding and baby has issues feeding. I struggled to bond with both babies due to the feeding difficulties and ended up with PND both times.

First of all, thank you so much for helping our baby boy. The first bottle we fed him after the division was already an incredible difference. After googling 'clicking and gulping' sounds when my baby was 2/3 weeks old, it all led to tongue tie, as well as the other symptoms such as excessive wind and discomfort when feeding. I mentioned this to my health visitor when she came to see Charlie at our home, and she told me they don't do anything for formula fed babies. I regret so much not challenging her on this. I had to stop breast feeding when he was 4 days old because my nipples were bleeding but had they listened to me at the hospital, and had the health visitor help me when I asked for it. My breastfeeding journey could have been so different. It's said babies are dismissed so easily. So, thank you for all you do and thank you for raising awareness.

Saw improvement early on but seems to have reverted again, sickness is back and clicking infrequently has returned. Oral exercise are very difficult as she is sick every time we attempt - seeking further advice for sickness

It's incredibly frustrating that due to being bottle fed the nhs did not show any interest in Gabriel's tongue tie. I am so grateful that we found Luci and the clinic. Having the procedure



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has transformed his drinking and overall mood. It's a shame all babies do not benefit from this regardless of how their mother chooses to feed them.

massive improvement within two weeks

Baby was on lots tongue tie division, we decided to stop giving her gaviscon as it didn't really help with the reflux, health visitor as well as GP advised to wean her off gaviscon gradually as well. Baby still has reflux now - throwing up half/whole feed every a few days and small amounts after each feed daily, sometimes even 1 or 2 hours after she's fed, but we are used to just living with it as everyone says it will improve as baby gets older, which is the case as her reflux has gotten a bit better than when she was a newborn. The most improved part is the dribbling, before she will have lots milk dribbled down during each feed making her whole left shoulder wet, now it's manageable with just a cloth/bib tucked underneath and her shoulder/chest stays dry after each feed.

This has improved our babies feeding beyond what I thought it would! He is so much more comfortable and happy feeding, he doesn't have the awful gagging/large vomits that he was having due to the high palate and tongue tie, he is generally such a happy baby now as opposed to the uncomfortable colicky baby before!

!00% do tt next time. Speech improved massively and food

Tounge tie should not be ignored in babies I was told my son had one by a health care professional but was told it should not affect him. After only 4 days I had to stop breastfeeding as he wasn't getting enough and having major issues latching this effected my milk supply so I wasn't able to express so I had to resort to formula i am so glad I decided to go privately to correct my sons tounge tie as he's a much happier baby and content while feeding

We have switched to MAM bottles but still have clicking & dribbling. Currently on Gaviscon trial for silent reflux

Unfortunately I feel we were too far along with bottle feeding for the tongue tie to improve it much, maybe could be that she had already learnt her feeding technique. If had got it done sooner it may have been different as she was 8 weeks and 8 weeks of purely being bottle fed from birth has her tongue tie was so bad



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We would have continued to breastfeed if we had been able to but she was really struggling to feed and we didn't want her to continue being stressed.

I did not realise my baby had difficulty feeding until after his tongue-Tie was corrected. The clicking noises and reflux he was experiencing i thought were normal for some babies and the fact he took a long time to drink again felt like a normal thing for some. If i didn't know what a tongue tie looked like i would have never even thought to get him checked so i think as a third time mum tongue tie information isnt something that is readily available for bottle fed babies. All the signs were there i just wasn't aware they were signs. He is so much better now he has had his tongue tie cut and i would do the procedure again with any future babies

He started to become very noisy the day he had his tongue tie cut and was babbling a lot whereas previously he had not been doing this. He was very interested in sticking his tongue out and was able to get it much further than previously. I regret not having it done earlier as it may have helped me to continue to breastfeed but was not offered to me as he was always putting on a healthy amount of weight despite me telling medical practitioners he had one as it was picked up at his first initial assessment

Had previous tongue tie baby in 2020, was told by other health care professionals that he had to tongue tie so waited until 10 weeks until division with other baby who improved significantly, so I preempted this for this baby and had booked this prior to birth to stop feeding issues before they began

Really good service offered by our practitioner, put my partners nerves at ease. Great improvement seen in baby as well.

The practitioner did cite results of an internal audit, stating a 20% failure rate. Regrettably, our baby's latch did not improve, but we are pumping and expressing, which is suiting our feeding goals better. If we were in a similar situation in the future, unless there were factors indicating a high chance of success, I would likely \_not\_ proceed with tongue tie release based on our current experience. (We funded this privately.)

Thanks to the tongue tie division our baby is feeding great and his colic problems are next to nothing now. He was hardly able to feed before and was up crying all night in pain with wind, he's like a different baby. There should be more support for parents who chose to bottle feed and more information and support for tongue tie babies in general.



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This treatment allowed me to continue exclusively breastfeed my baby, which I will be eternally grateful for.

Elsie's day 1 check we were informed Elsie had minimal tongue tie which wouldn't propose any problems due to bottle feeding.

definitely

I feel a tongue tie should be checked during a babies top to toe after they are born in the hospital and then any issues addressed then. The first two weeks of my baby's life were horrendous for me all because I later found out she had a tongue tie which was not picked up.

twins

it did help

I'm so happy to see my little boy gaining weight after having his tongue tie divided.

Baby had a strong suck on bottle teat and was putting weight on but was just taking tiny amounts constantly throughout the day and since the division he was able to take 4oz in one go. Before it would be half an oz here and there

Baby was in Neonatal and this was never picked up on. I also brought these symptoms up with health visitor and midwife who said 'it's normal'

Both of my formula fed children have had their tongue ties divided and have both experienced feeding difficulties prior to the surgery. I noticed huge differences in feeding within the same day of the surgery both times.

Our baby is now like a new child thanks to Angela 🙏 I can't thank her enough x

Baby is still clicking tongue whilst feeding and will sometimes struggle to latch onto bottle to begin with

My babies tongue tie reattached after 4 weeks and Angela kindly had a look and got it divided again quickly!

Baby no longer latching to breast at all since division



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We are still having issues with feeding unfortunately, but this is because baby doesn't like the dairy free formula, behaviour with bottle due to tongue tie is definitely better though

Great service and something that should be actively looked for where family history (which I have). Able to sort within 3 days of birth, not reattached and great improvements in breastfeeding (no longer using formula)

good outcome

I experienced the same feeding difficulties breast feeding as I did bottle feeding but because I was bottle feeding the GPs would not help the tongue tie even though this would have benefitted the baby - we should treat tongue tie the same regardless of how they are fed

I felt my concerns over my son's tongue tie were ignored despite feeding issues in the hospital and subsequent mastitis. I wish I had sought help privately sooner instead of waiting for support through the NHS as the appointment was very helpful and reassuring.

Would have had it done sooner if HV or GP had identified it.

Baby has CMPA diagnosed after division

Angela was outstanding made such a difference for our little one to have this done can't thank her enough

Tongue tie division saved our sanity! It needs to be better funded on the NHS

I wish there was more information available early on to help people who are experiencing symptoms so medication isn't the first step

I found this really successful for our boy - his windiness and colickyness completely subsided and he actually enjoyed feeding

This is my 2nd baby with the same symptoms and has I known then what I know now I defo would have got assessed first week to assure me that there were no issues as I definitely think the is would defo helped me to BF for longer for both babies. As initially baby no2 lost greater than 10% so felt need to move to bottle feeding earlier than I wanted. Despite all the extra nhs help no one recognised the TT as kept getting told latch and technique was great. Also there seems little support or connection between CMPA, TT and reflux on the nhs.



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Despite the links there are there privately. Happy to participate more into this if you need me too!

Division significantly improved our babies feeding. Unfortunately she does have genuine cmpa so therefore she had ongoing issues but I doubt she would have had if not for the cmpa.

For GP's and midwives to have a better understanding of a tongue tie. We were fobbed off multiple times by other health care professionals because we weren't breastfeeding

We gave EBM in a bottle as baby couldn't latch on breast. He can now. Bottle feeding and formula feeding are different things.

Baby had tongue tie cut after reattaching

#### Comments

Although ATP be asked for data to be collected 4 weeks after division this wasn't consistent as there were questionnaires submitted with dates of division in late October when data was collated initially on 18 November 2023 so there was a gap of less than 4 weeks from division to questionnaire completion. With the extended date collection with no end date there is no way of knowing how well the 4 week review date is being adhered to. There were 9 questionnaires submitted where it was stated that the babies were on a combination of reflux meds, thickener and allergy formula and were not able to stop any of these after division. It would be unusual for a baby to be on all 3 of these interventions for reflux and you would expect that if they were at least a few would have been able to have stopped at least one of these interventions so it appears the questions on this may have been misunderstood in some cases and 'no' was selected when 'not applicable' would have been more appropriate.

So/17/8/2025

Sarah Oakley