



## RESOURCES

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### Local Lactation Consultant Options:

#### **Windsor:**

Helen Bratzel, IBCLC	La Leche League Windsor	519-948-1968
Andrea Cassidy, IBCLC	Midwife	519-252-4700
Diane Pepin, Lactation Counselor and Doula		519-256-3541 or Cell: 519-566-7687
Jennifer Day, IBCLC	Private Practice	jennifer@feedthebabes.com

#### **Chatham:**

Karen Frith, IBCLC	Chatham/Kent Public Health	519-352-7270 ext. 2424
Robin Rideout, IBCLC	Chatham/Kent Public Health	519-352-7270 ext. 2424
Kerri Zandberg, IBCLC	Private Practice	519-352-0251, kerri4health@gmail.com

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### Therapists that have a Special Interest in Supporting Infants: CST = Cranial Sacral Therapy

#### **Windsor:**

Dr. Randee Mayrand, Chiropractic and CST randeemayrand@gmail.com

#### **Leamington:**

Mallory Beleutz, CST 519-322-0044

#### **Chatham:**

Janet Ferguson, Infant CST 519-676-7885  
 Dr. Jenny Pelisek, Chiropractic 519-352-5555  
 Dr. Jennifer Newman, Chiropractic 519-360-9276

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### Excellent Website Resources

<a href="http://Drghaheri.com">Drghaheri.com</a> – Dr. Bobby Ghaheri, MD, ENT.	Excellent info about lip and tongue-tie impacts
<a href="http://Kiddsteeth.com">Kiddsteeth.com</a> – Dr. Larry Kotlow, Pediatric Dentist.	One of the first pioneers treating infant ties.
<a href="http://www.ibconline.ca">www.ibconline.ca</a> – Dr. Jack Newman MD,	Medical breastfeeding clinic in Toronto
<a href="http://cosleeping.nd.edu">cosleeping.nd.edu</a> – Dr. James McKenna.	Research on the physiology of breastfeeding and infant sleep
<a href="http://www.lllc.ca/lllc-windsor">www.lllc.ca/lllc-windsor</a> - La Leche League, Windsor	
<a href="http://www.lllc.ca/lllc-chatham">www.lllc.ca/lllc-chatham</a> - La Leche League, Chatham	
<a href="http://www.tummytimemethod.com">www.tummytimemethod.com</a> “Parent Resources”	for recommendations from an Infant Occupational Therapist

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### Articles

Connection of Tongue and Lip Tie to Aerophagia/Reflux  
<http://www.theijcp.org/index.php/ijcp/article/view/246>  
<https://kiddsteeth.com/assets/pdfs/articles/finalrefluxpaper3162016.pdf>  
 Consequences of an Untreated Tongue or Lip Tie  
<https://tonguetie.net/consequences/>

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**YouTube Videos:** I recommend these videos even when not having a tongue/lip-tie procedure!

- “Sleeping Tongue Posture Hold” – encourages proper tongue rest posture
- “Guppy Pose” – this exercise expands the neck and tongue muscle area to optimize movement
- “Infant Oral Exercises”, “Infant Massage”, “Infant Suck Training” – Video series by Lisa Lahey to support feeding