

Bi-Weekly Symptom Monitoring

Monitoring symptoms over time can help build a clearer picture of how your infant is functioning as they grow and develop. You could use this form to observe and track signs that may be associated with tongue-tie across areas such as feeding, airway, digestion, comfort, dentition, and growth. Recording these observations over time helps identify patterns, changes, or improvements, and supports informed decision-making alongside your healthcare provider(s). This form does not diagnose tongue-tie restriction but is a tool to support shared discussion and ongoing assessment.

How to complete this survey:

Section ONE: Overall tongue symptom monitoring

Section TWO: Breastfeeding – complete only if your baby is breastfeeding.

Section THREE: Bottle feeding – complete only if your baby is bottle feeding.

Depending on your feeding methods, if you are combination feeding (milk) completing all 3 sections will be useful tool for you.

Key:

O = Often

D = Daily

S = Sometimes

N = Never

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WELLBEING CUES:

Section 1	Date: PRE- Frenulotomy				Date: Week 2				Date: Week 4				Date: Week 6			
	O	D	S	N	O	D	S	N	O	D	S	N	O	D	S	N
1	Frustrated / Angry to feed															
2	Feeding aversion															
3	Vommitting / Possetting / Spit-up															
4	Suck lip blisters, Lip discolouration, Poor lip tone, Facial creases															
5	Noisy 'wet' lip smacking or clicking sounds during active feeding															
6	Sneezing															
7	Grunting / Congestion / Snuffling sounds (during feeding)															

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Breastfeeding Cues:

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7	Pain during a feed (nipple or breast)
8	Pain after a feed (nipple or breast)
9	Nipple skin damage, broken skin, cracks, trauma, bleeding, scabs
10	Confirmed nipple, breast or infant oral thrush
11	Quick, forceful let-down of milk
12	Oversupply of maternal milk
13	Lowered maternal milk supply
14	Blocked ducts and/ or breast lumps
15	Nipple blebs / blisters
16	Mastitis, galactocele or breast abcess
17	Dribbling or spillage of milk during active feeding
18	Struggling to move milk smoothly from breast to stimulate swallow
19	Nasal regurgitation

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X	TOTALS:																	

Bottle feeding Cues:

Section 3	Date:				Date:				Date:				Date:			
	PRE- Frenulotomy				Week 2				Week 4				Week 6			
	O	D	S	N	O	D	S	N	O	D	S	N	O	D	S	N
1	Crushing teat with gums to maintain the latch															
2	Unable to control the flow of the milk (either excessively long or too quick)															
3	Irregular sucking and swallowing pattern															
4	Poor lip seal															
5	Dribbling / Spillage of milk during active feeding															

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