

Upper Lip Exercises

These exercises can be helpful for a baby with a tight labial frenum, a “lip-tie,” or a baby who tends to tuck their upper lip under while latched to the breast or bottle.

Practice these exercises 3–5 times per day, before most daytime breastfeeding sessions. Wash your hands before and be sure your fingernails are trimmed.

1. Fishy Face and Smoochy Lips

Use your thumb and first finger on either side of baby’s face. Gently squeeze the cheeks as you pull the tissue forward to form a kiss face. Hold for a few seconds. Then, let the lips relax. Repeat 3–5 times.

2. Outside Lip Stretch and Smooth

Use your thumb and first finger to gently pinch the upper lip at the philtrum. Pull the lip outward and upward away from the gum toward the nose. Then, let the lip relax and smooth out the upper lip with your index finger and thumb (as if you were smoothing a moustache). Repeat 3–5 times.

3. Inside Lip Stretches

Place your index finger inside the upper lip next to the frenum. Gently push upward to lift the lip out and away from the gum and hold for 3 seconds. Then, let the lip relax. Repeat on the other side of the frenum. Repeat 3–5 times on each side of the frenum.

Then, use both thumbs on either side of the frenum to gently lift the upper lip toward the nose and hold for 3 seconds. Then allow the lip to relax. Repeat 3–5 times.