

Homework!

- **Dr. Tara's Aftercare**
 - www.smartmouthlv.com/aftercare
 - Start practicing stretches now
 - Do lots of facial massage, tummy time, guppy, and strengthening exercises before the procedure!

- **Michelle Emanuel** - pediatric occupational therapist specializing in tongue tie rehabilitation
 - www.tummytimemethod.com
 - Instagram
 - @tummytimemethod
 - @tonguetiebabies
 - YouTube
 - MichelleE110

- **Dr. Ghaheri** - ENT in Portland specializing in tongue tie
 - www.drghaheri.squarespace.com/aftercare
 - Detailed information on the procedure
 - Video and description of stretches (titled "Post Procedure Exercises")
 - Ignore tongue wound rubs (we don't recommend this)
 - Description of sucking exercises

- **Join the Nevada Support Group on Facebook**
 - www.facebook.com/nevadaties



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Lactation Support Groups

● **La Leche League**

<p>La Leche League of Las Vegas Monthly - First Wednesday at 7pm At Able Wellness 3380 E Russell Rd Ste 101, 89120</p>	<p>La Leche League of Las Vegas Weekenders Monthly - Second Saturday at 10am At Serenity Birth Center 1800 Industrial Rd #208, 89102</p>
<p>La Leche League of Northwest Las Vegas Monthly - Third Thursday at 7pm At Chiropractic for Life 7455 W. Azure Dr Ste 120, 89130</p>	<p>www.lalecheleaguenv.org/meetings-southern-nevada Call/text Corrine (702) 822-2229 to confirm</p>

● **Babymoon Circle**

<p>Weekly - Tuesday from 11am-1pm At Well Rounded Momma 8826 S Eastern Ave Ste 111, 89123 Call WRM (702) 478-5080 to confirm</p>	<p>Monthly - First Saturday from 10am-12pm At Summerlin Hospital Classroom, Room 3 653 Town Center Dr, LV NV 89144 Call Tanya 702-306-6754 to confirm</p>
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● **Milk Bar - Weekly on Wednesdays**

- Serenity Birth Center
- 1800 Industrial Rd #208, 89102
- Call for details (702) 269-6018

● **Melanin Milk Circle - Monthly - First Sunday at 4pm**

- Las Vegas Urban League WIC
- 3320 E Flamingo Rd #50, 89121
- kijjisisisterhood.wixsite.com/website

● **IBCLC/LC**

- List of breastfeeding support: www.snvbreastfeeding.org/resources/
- WIC/Medicaid - Sunrise Children’s Foundation
 - Ana Saldivar - (702) 249-0479
 - Lori West - (702) 755-2564



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Chiropractors

- **Dr. Sondra Catania**

<http://drsondracataniadc.yolasite.com/>

702-550-8797

Inside Action Therapeutics 2629 W Horizon Ridge Pkwy Henderson, NV 89052 \$40 cash per session	Canyon Lake Neck & Back Clinic 2980 S Jones Blvd Suite F Las Vegas, NV 89146 Accepts insurance
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- **Dr. Shadia Koury**

Chiropractic for Life

www.chiropracticforlife.org

702-567-5433

7455 W Azure Dr Ste 120

Las Vegas, NV 89130

- **Dr. Jon Wise**

Wise Chiropractic

<http://www.wisechiropractor.com>

702-248-6292

6332 S Rainbow Blvd Ste 120

Las Vegas, NV 89118

- **Drs. Alli & John Morelli**

Anchor Chiropractic

<http://your-anchor.com>

702-778-8664

5135 S Fort Apache Rd Ste 140

Las Vegas, NV 89148

- **Dr. John Grimes**

Grimes Family Chiropractic

<https://www.grimeschiro.com>

(702) 233-2372

5785 Centennial Center Blvd. #140

Las Vegas, NV 89149

Bodyworkers

- **Jennifer Flinn, LMT**

Specializing in Craniosacral Therapy,

Prenatal, Lymphatic/Breast, and

Neurovascular Massage

Thérapie

6819 W Tropicana Ave Ste 200

Las Vegas, NV 89103

702-202-1400, Cell: 406-581-8685

www.therapielv.com

- **Susan Barrett, LMT**

Body in Balance

7656 W Sahara Ave Ste 120

Las Vegas, NV 89117

702-256-3090, Cell: 702-338-7675

www.bodyinbalancelv.com

- **Eric Toder, DO**

Cranial Osteopathic Manipulation

7381 W. Charleston Blvd Ste 120

Las Vegas, NV 89117

702-384-8450

www.erictoderdo.com



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Speech Language Pathology, Feeding Therapy, Tongue Tie Rehabilitation

- **Lana Fedyushkina**
TickTalk Therapy
www.ticktalktherapy.com
800-966-0535
2875 St Rose Pkwy Ste 110
Henderson, NV 89052

- **Kelley Carter**
Speakeasy Therapy Services
www.speakeasytherapylv.org
702-515-4009

Northwest Location 7425 W Azure Dr Ste 140 Las Vegas, NV 89130	North Location 3985 W Cheyenne Ave Ste 306 North Las Vegas, NV 89032	Henderson Location 1500 W Sunset Rd Ste 140 Henderson, NV 89014
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- **Melissa Montiel**
Talk of the Town Therapy
www.talkofthetowntherapy.com
702-755-7798
2441 W Horizon Ridge Pkwy Ste 114 & 115
Henderson, NV 89052
- **Maria Brandon**
Touro University - Center for Autism and Developmental Disabilities
<https://tun.touro.edu>
702-777-4808
874 American Pacific Dr
Henderson, NV 89014

Myofunctional Therapy

- **Melissa Mugno – Smart Mouth**
Airway Issues, Sleep Disorders, Preventative Orthodontics, Malocclusion,
TMJ Disorder, Clenching/Grinding, Growth and Development, Tongue/Lip Tie