



## Resources for Tethered Oral Tissues (TOTs)

### Dentists

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London Tongue Tie Network  
[www.londontonguetie.com](http://www.londontonguetie.com)  
Dr. Nabil Tbarra  
Dr. Andy Shih

Coventry Dentistry  
Stratford  
Dr. Tudor Codreanu

### Lactation Consultants (IBCLC)

Claire Dolmage  
Nurturing Community (on Facebook and Instagram)  
[www.nurturingcommunity.com](http://www.nurturingcommunity.com)

Samantha Armbruster  
The LC Mama (on FB and IG)  
[www.thelcmama.com](http://www.thelcmama.com)

### Peer Support

The Breastfeeding Network (private Facebook group)

Falon Martin (post partum support doula) - Nested Holistic on FB