

Tongue Stroking



Technique:

Tap your child's tongue starting in the back, applying moderate pressure, and stroke towards yourself down the middle of the tongue. This may be done with a nuk brush or any textured utensil (i.e. toothbrush). You can place food or candy on the tip of it to increase motivation and compliance if needed

Do this exercise _____ times in a row _____ times a day before a meal or snack.

Explanation:

This exercise will cause the tongue muscles to elongate and passively increase the muscles range of motion and strength allowing him to have better control of the food in his mouth. It will also encourage your child's tongue to make a bowl shape when spoons are presented.

Tongue Tapping



Technique:

Tap your child's tongue where the arrow indicated applying firm pressure. Use an object with texture (i.e. nuk brush, tooth brush, etc.) and place food or candy on the tip of it to increase motivation and compliance if needed.

Do this exercise _____ times in a row _____ times a day before a meal or snack.

Explanation:

This exercise will cause the tongue muscles to contract and passively increase muscle strength allowing your child to hold his tongue in his mouth better. It will also encourage your child's tongue to make a bowl shape when spoons are presented.

Tongue Tip Elevation



Technique:

Place candy or food on your child's upper lip. Encourage him to lick it off using his tongue.

Do this exercise _____ times in a row _____ times a day.

Explanation:

This exercise will increase your child's range of movement with his tongue as well as making his tongue stronger and better able to control the food in his mouth.

Tongue Tip Lateralization



Technique:

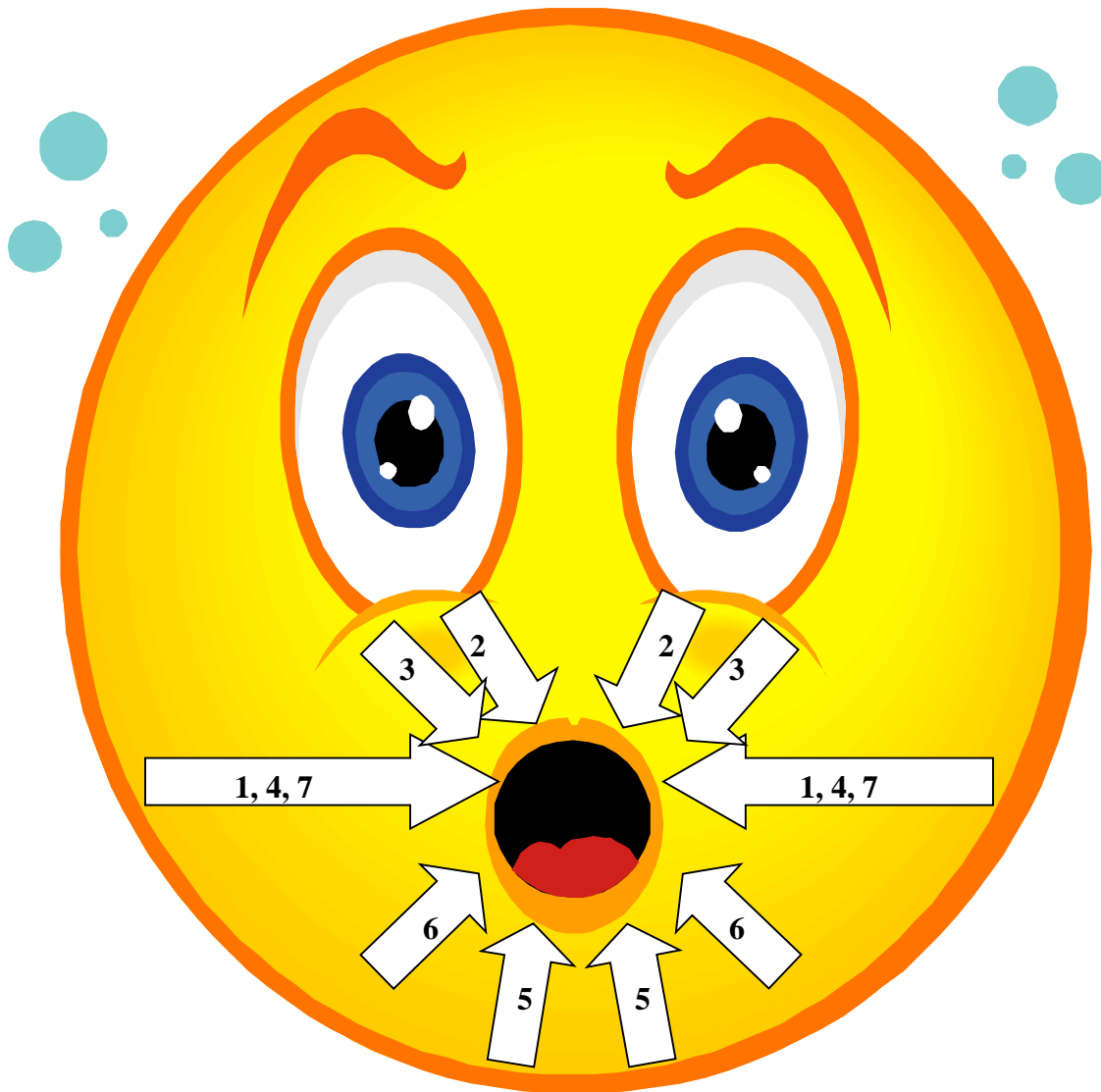
Place candy or food on the right or left side of you child's mouth. Encourage him to lick it off using his tongue.

Do this exercise _____ times in a row on each side
_____ times a day.

Explanation:

This exercise will increase your child's range of movement with his tongue as well as making his tongue stronger and better able to control the food in his mouth.

Toweling



Technique:

Massage your child's cheeks in the direction of the arrows. Be sure to apply firm pressure and move through the muscle. You can vary the texture of the cloth as well as the temperature.

Do this _____ times in a row before _____.

Explanation:

Helps make your child aware of his oral muscles.
Helps both increase and decrease tone prior to eating.
Helps with oral aversion and oral defensiveness.

Tube Feeding



Technique:

Before a tube feed: Provide the oral-motor exercises given to you by your speech therapist. If your child is able to eat by mouth, feed your child by mouth either just before the tube feeding or at the start of the tube feeding.

During a tube feed: Babies should suck on a pacifier during the tube feed and parents should hold the baby as if they were bottle feeding to make the tube feed as close to a normal feed as possible. For older children, allow them to play with cups and spoons while sitting in a highchair during the tube feed. It is best if the child does not see the tube feeding materials.

Do this with ALL tube feeds when possible.

Explanation:

Providing oral stimulation and/or food by mouth prior to and during a tube feeding, allows your child to associate the oral sensation with the feeling of fullness. This helps prevent oral aversion to food and makes the transition back to an oral diet much easier after your child is ready for that transition. If the child never knows the tube is there, he won't miss it when it's gone. We want to make all tube feeds as close to a normal oral feeding as possible from the very beginning.

Upper Lip Stretch



Technique:

Massage your child's upper lip in the direction of the arrows. Be sure to apply firm pressure and move through the muscle.

Complete the exercise _____ times before a meal or snack.

Explanation:

Helps activate your child's upper lip.

Helps both increase and decrease tone prior to eating.

Vibration



Technique:

Apply vibration in and around your child's mouth. If your child does not tolerate the vibration, place your hand between the vibrator and your child's cheek to reduce the amount of vibration. Be sure to apply vibration to both sides of the face and mouth.

You can use a vibrating toothbrush or any toy that vibrates as long as it is safe to be placed inside your child's mouth. A child should always be supervised when doing this activity.

Do this for ____ minutes ____ times a day before _____.

Explanation:

Helps make your child aware of his oral muscles. Helps both increase and decrease tone prior to eating. Helps with oral aversion and oral defensiveness. Increases strength of the tongue when placed on the tongue.