

Oral-Motor Workouts for Home

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The term *oral-motor* refers to the use and function of the muscles of the face (lips, tongue, and jaw). For chewing and swallowing, children need to have the right amount of strength, range of motion, and coordination. When a child has limited movement, coordination, and/or strength of the lips, tongue and/or jaw, eating is difficult. Contact your child's doctor if these issues are noticeable. The doctor may refer you to a *speech-language pathologist* or *occupational therapist*—licensed professionals that assess and treat oral-motor deficits.

Types of Oral-Motor Exercises

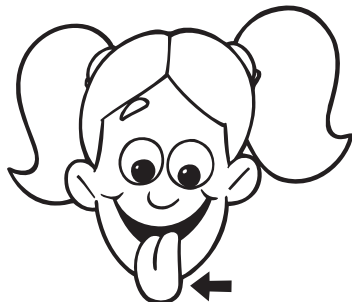
Your child can do the following oral-motor exercises to improve strength, range of motion, and coordination of the lips, tongue, and jaw. Use the blank lines below to create your own oral-motor exercise routine.



LIPS

- o Open and close your mouth _____ times.
- o Pucker your lips as if you were going to give someone a kiss _____ times.
- o Smile, then relax your lips and cheeks _____ times.
- o Press your lips tightly together, then open them with a smack _____ times.
- o Puff your cheeks with air while keeping your lips closed tightly _____ times.

TONGUE



- o Stick your tongue out as far as you can _____ times.
- o Move your tongue to the left side of your mouth then to the right side of your mouth _____ times.
- o Try to touch your chin with your tongue without moving your head _____ times.

TONGUE (Cont.)

- o Try to touch your nose with your tongue without moving your head _____ times.
- o Push the inside of your cheek with your tongue on the right side and then on the left side _____ times.
- o Place your tongue behind your front teeth and say “la” _____ times.
- o Lick your lips _____ times.

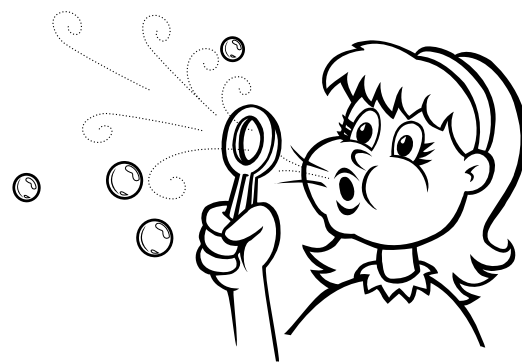


JAW

- o Open your jaw as wide as you can _____ times.
- o Move your jaw from side-to-side slowly _____ times, then quickly _____ times.
- o Move your jaw up and down slowly _____ times, then quickly _____ times.

Oral-Motor Fun at Home

- *Blowing Bubbles* strengthens muscles of the lips and improves breath control.
- *Licking* peanut butter or marshmallow crème from the roof of the mouth or behind the top front teeth improves tongue elevation/lifting.
- *Chewing* gum improves jaw strength.
- *Making silly faces* improves strength, coordination and range of motion of the lips, jaw, and tongue.



Resources

Oral motor exercises/oral exercises-wide smiles. (1996). Retrieved October 3, 2008, from <http://www.widesmiles.org/cleftlinks/WS-563.html>

Oral motor exercise. (1998). Retrieved October 3, 2008, from http://www.clarian.org/pdf/neuro_oral_motor_exercises.pdf

Till, J.A., Yorkston, K.M., & Beukelman, D.R. (1994). *Motor Speech Disorders-Advances in Assessment and Treatment*. Baltimore: Paul H. Brookes Publishing Co.



Helpful Products

The list of Super Duper® products below may be helpful when doing oral-motor activities. Visit www.superduperinc.com or call 1-800-277-8737. Click the links below to see the product description.

"Can Do"™ Oral Motor Fun Deck®

Ask for item #OMC-52 <http://www.superduperinc.com/products/view.aspx?pid=OMC52>

"Can Do"® Oral-Motor Fun and Games- Fun Sheets and Cards Book and CD-ROM

Ask for item #BK-256 <http://www.superduperinc.com/products/view.aspx?pid=BK256>

"Can Do"™ Oral-Motor Game Boards

Ask for item #GB-76 <http://www.superduperinc.com/products/view.aspx?pid=GB76>

Jumbo Mighty Mouth® Hand Puppet

Ask for item #MOUTH-32 <http://www.superduperinc.com/products/view.aspx?pid=MOUTH32>