

SpeechKids

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## **ORAL MOTOR PROGRAM**

### **ORAL SENSORY AWARENESS**

#### **WASHCLOTH:**

*-Wipe or stroke the face with texture, such as a washcloth. Begin at point of origin of each facial muscle and stroke to point of muscle insertion at the lips. Stroke around the lips in a circular motion. Do not stop at the lip borders; always move toward and through the lips in order to stimulate as full musculature elongation as possible. Vary the temperature of the washcloth.*

OR

*-Play “waking up the face” games with wiping, brushing, and tapping the face. Tap forward on cheeks and give firm rubbing down pressure from either side of nose down.*

#### **MINI-MASSAGERS:**

*-Apply vibratory input to cheeks, to base of tongue, and directly to mouth as tolerated. Use only appropriate massagers...Some distributors are NewVisions and PDP Products.*

#### **NUK OR INFADENT:**

*-Using a finger toothbrush/gum massager, massage brush, or regular toothbrush, begin by providing sensory input to the **outer surfaces of the gums/teeth** as you would if you were toothbrushing (all 4 outer quadrants, **then** all 4 **inner quadrants**).*

*-When input to outer surfaces is tolerated, then provide moderate-to-firm pressure downward through the **biting surfaces** of the lower teeth/gums and upward through the biting surfaces of the upper teeth/gums. A tapping-like procedure can be used to provide this moderate-to-firm pressure input.*

**\*\*\*\*\*Work with a speech pathologist or occupational therapist to ensure these techniques are appropriate and utilized properly.\*\*\*\*\***

*-When these inputs are tolerated, add sensory input to the **hard palate**. Provide moderate-to-firm pressure while stroking forward/backward in the middle of the hard palate, throughout its entire length. Then side-to-side stroking with moderate-to-firm pressure should be provided.*

*-When these inputs are tolerated, **begin working on the tongue**. Begin by providing moderate-to-firm pressure input with small forward strokes downward on the lateral aspects of the surface to the tongue. As the child exhibits greater tolerance for input on the lateral aspects of the tongue surface, begin pressure straight **down** on the tongue body to achieve a **cupped shape**.*

*-After this is achieved begin work on the **lateral borders** of the tongue working **back** to the back third. Work should begin on the anterior third so as not to elicit a gag reflex, and gradually should move backward thus decreasing the gag reflex.*

*-Using the Infadent, apply a slightly more gentle but still firm touch to the **maxillary arch** above the upper front teeth.*

## **EXERTUBING**

*-Increase jaw stability by biting on firm, chewy items such as exertubing or Nuk brush and count (to 5; to 10; through ABC's). Be sure to do on both sides of the mouth.*

## **STRONG FLAVORS:**

*-Wake up the mouth with strong flavors: Give child toothbrushes frozen with flavors on them (wrap in plastic wrap) to chew on; try sour patch kids, Hot Tamales, dill pickles, peppermint candy, pop rocks, garlicky foods like salami, etc. If child won't swallow it, chew gum to alert the oral cavity. Use gum that has a cinnamon, spearmint, or peppermint taste. Try rubbing mouthwash on each lip with a cotton swab.*

## **STRONG TEMPERATURES:**

*-Increase awareness of facial area with temperature: alternate a warm washcloth with icing 4-5 times in a row. Suck briefly on a popsicle or ice cube.*

*-Try alternating sips of a hot drink e.g., hot chocolate, with bites of a cold food, e.g., ice cream.*

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## **Tactile Desensitization:**

\_\_\_\_\_ *Encourage child to explore and accept textures in play with water, sand, cornmeal, and fingerpaints. Use foods for smearing and fingerpainting.*

\_\_\_\_\_ *Encourage child to put oral exploration toys in the mouth, especially soft rubber squeak toys with lumps and bumps and protruding pieces.*

\_\_\_\_\_ *Introduce firm rubbing and stroking of the body during play activities, with gradual introduction of oral stimulation in a comforting, non threatening way.*

\_\_\_\_\_ *Provide pats on the back, arms around the shoulder, or back rubs throughout the day.*

\_\_\_\_\_ *Offer tactile arts/crafts activities: paste, playdough, paper mache, chalk.*

\_\_\_\_\_ *Create a tub/container filled with beans and/or rice for play. Add a variety of pouring containers of varying sizes/types, hide favorite toys, add trucks for a construction site, or astronauts/spacecrafts. Also consider varying the filler: styrofoam packing pieces, leaves, sand, corn, walnuts.*

\_\_\_\_\_ *Do shaving cream and foam soap painting in the bath or shower.*

\_\_\_\_\_ *Cooking activities can be fun tactile additions to the day.*

\_\_\_\_\_ *Using a roller, "paint" the child's body with water.*

\_\_\_\_\_ *Using a broad paintbrush, apply powder to the arms/hand/legs/feet.*

\_\_\_\_\_ *Apply lotion frequently throughout the day: use firm, deep pressure.*

\_\_\_\_\_ *Apply lip gloss frequently throughout the day.*

\_\_\_\_\_ *Facepainting may be a fun way to introduce touch to the facial area.*

\_\_\_\_\_ *Hot Dog: Roll up in a blanket and remain for one minute as touch pressure is applied.*

\_\_\_\_\_ *Dried Parts: The child names the body parts that are being vigorously "dried" with a terry cloth towel, yarn ball, small piece of carpet, or velvet.*

\_\_\_\_\_ *Dot Spot: Child rubs off soft chalk marks applied to various body parts with a yarn ball, carpet sample, or towel.*

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*Back Chalkboard: Child sits or lies on stomach on the floor in front of you. First, “earse” child’s back with your hands, then draw a simple shape (circle or square) on the child’s back with your finger. Child tells what you drew or draws it on the carpet with a finger. Always remember to erase the chalkboard. Move on to letters or numbers. Trade places, too.*

*Paw Prints: Sprinkle powder on a mat. With shoes and socks off, child sits and rubs hands and feet back and forth so they are powdered. Child then moves over to a different, dark-colored mat to make hand- and foot-prints. Other materials such as finger paints, pudding, or cornstarch can be fun, although they are messier.*

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