

Lip & Tongue Exercises

These activities are a fun way to encourage a child to use their lips and tongue to make movements which can help with making speech sounds.

1) Lip & Blowing exercises

These aim to improve lip rounding, lip protrusion and control of the flow of air out of the mouth.

Make different shapes with your lips in front of a mirror and encourage the child to copy you, for example, "oo" "ah" "ee" "mm"

Blow bubbles through a straw into water

Blowing Games :
Blow pieces of tissue, feathers or ping pong balls – try with a straw too!

Puff out your cheeks and try to keep the air in by keeping your lips closed – see if the child can copy you!

Give kisses to each other and to teddy/dolly!

Make different lip shapes one straight after another, such as, "oo- ee-oo-ee-oo"

Toys : use whistles or blowing toys with rounded mouth pieces to encourage lip rounding – and blow to make a noise . Make sure the toys are held with lips not the teeth!



2) Tongue Exercises

Useful tongue movements include sticking the tongue out, licking things, lifting tongue tip up, lowering tongue tip down and moving tongue sideways. Try the following ideas:

Practise copying the suggested tongue movements in front of the mirror

Put motivating food like jam on the child's top lip, chin and sides of the mouth for them to lick off

Put food on a spoon, or lollipop stick and hold it so the child has to make the tongue movements (up, down, to the side) to taste the food. Gradually move the spoon/lolly stick further away

Practise licking around the lips

Licking ice creams and lollies

Eat a sugary donut without licking your lips until the end!

Food ideas: hundreds and thousands, jam, chocolate spread, peanut butter (if no nut allergy)

