

## Exercises for Mouth Movements

These activities are a fun way to encourage a child to use their lips and tongue.

### Before You Start...

- ✓ Make sure the child is sitting up straight in a supportive chair.
- ✓ If the child's voice gets 'bubbly' ask them to swallow the saliva away.
- ✓ Place a mirror in front of the child so they can clearly see themselves and you.

### 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"

Push your lips forwards into a round shape to make the sound 'oo', then stretch your lips into a smile to say 'ee' e.g. 'oo-ee' 'oo-ee'

Give kisses to each other and to teddy/dolly!

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!

Close your lips and keep them together for the count of 5

Blow bubbles through a straw into water

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!

Practise sounds made with lips together – 'ppppp' 'bbbb' 'mmm'. Then try sounds where lips open quickly – 'pa' 'ba' 'ma'

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### 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**

**Open mouth wide and touch the roof of your mouth with the tip of your tongue**

**Move your tongue from side to side**

**Licking ice creams and lollies**

**Stick your tongue out and put it as far to one side as you can then move it to the other side.**

**Stick your tongue out and point the tip to the roof and the floor**

**Practise licking around the lips**

**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**

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### 3) Soft Palate Exercises

These exercises aim to help children with the movement of their soft palate.

Get the child to look at their mouth movement in a mirror as they repeat the 'ah' sound. They should notice the soft palate moving up and down

Alternate between a vowel sound and nasal sounds- m, n, ng (ng as in going) e.g. m-ah-m-ah, oo-n-oo-n, ee-ng-ee-ng

Alternate between sounds made in the nose and sounds made in the mouth e.g. m-b-m-b, ng-g-ng-g or n-d-n-d-n-d