



Tongue and Lip Exercises

For the Correction of Abnormal Swallowing

1. Place the tip of the tongue against palate or gum ridges.
2. Close your teeth together (bite together)
3. Suck tongue up flat against the roof of your mouth, slide tongue back with sucking action
4. SWALLOW
5. Again close teeth firmly, close lips easily, tongue flat against the roof of your mouth, suck hard and swallow.

Remember

- Use a mirror to watch for facial movements when practicing.
- Muscles around mouth are completely relaxed when swallowing.
- Never curl tongue
- Practice on small bits of food and small sips of liquid. Do not blow, but suck when swallowing. Keep lips closed tightly, use card or wax paper between lips as reminder to keep lips closed.
- Repeat the above many times a day and following exercises to learn to swallow correctly.
- Lick the palate or gum ridges many times each day.
- Place the tip of the tongue on the palate or gum ridges and keep it there while studying, playing, watching television or in school.

Night Time Suggestions

Place the tip of the tongue on palate when you go to bed and try to keep it there. When you awaken, place tip of tongue on palate.

Always think of the basic steps of swallowing when you eat.