



How to do Speech therapy at Home?

#2 OROMOTOR THERAPY



SHC - Early Intervention Services
Department of Speech Hearing & Communication

National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan) (NIEPMD)

Ministry of Social Justice & Empowerment, Govt. of India

Email: niepmd@gmail.com Website: www.niepmd.tn.nic.in

Prep for therapy..

Clean & Sanitize your Hands well before you start...

Use gloves if possible...



Note!!

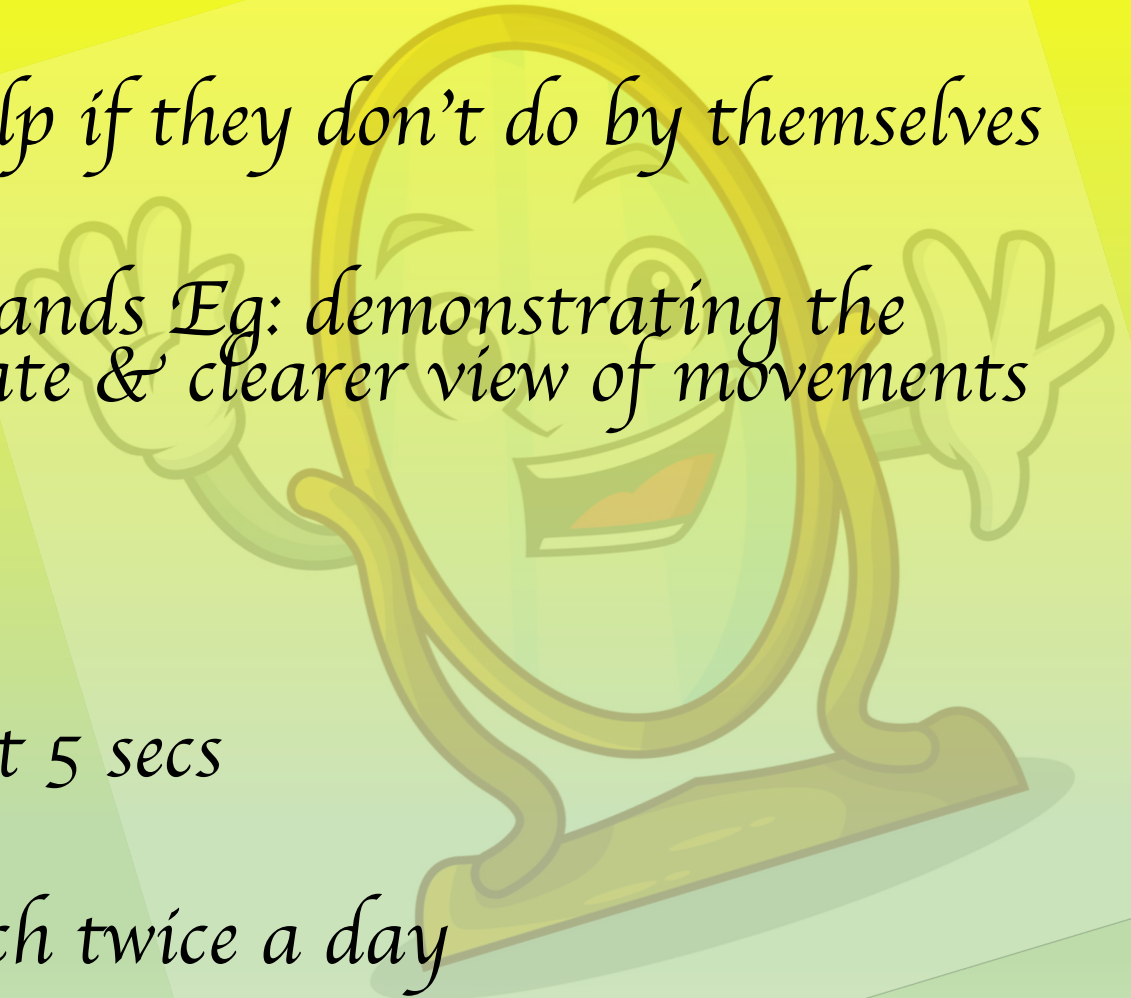
Make your child do with your help if they don't do by themselves

Use visual cues along with commands Eg: demonstrating the task/ use mirror in front to imitate & clearer view of movements

Do not force

Give more time to respond at least 5 secs

Try to practice for 5-10 times each twice a day



Benefits of Oromotor therapy

Good for oral sensory stimulation

Strengthens tongue, lips, cheeks/jaw & controls drooling

Improves speech production to maximize clarity



Lips

Open and close mouth

Pucker the lips as if kissing someone/to kiss a toy

Make smile, then relax lips & cheeks

Press lips tight together and open with a smack

Puff cheeks with air while keeping lips closed



Tongue

Put the tongue out/ protrude

Move tongue left then to right

Try to touch the chin with tongue without moving head

Try to touch the nose with tongue without moving head



Push tongue inside cheeks with tongue moving right to left side

Try to say "la"

Use lollipops to lick

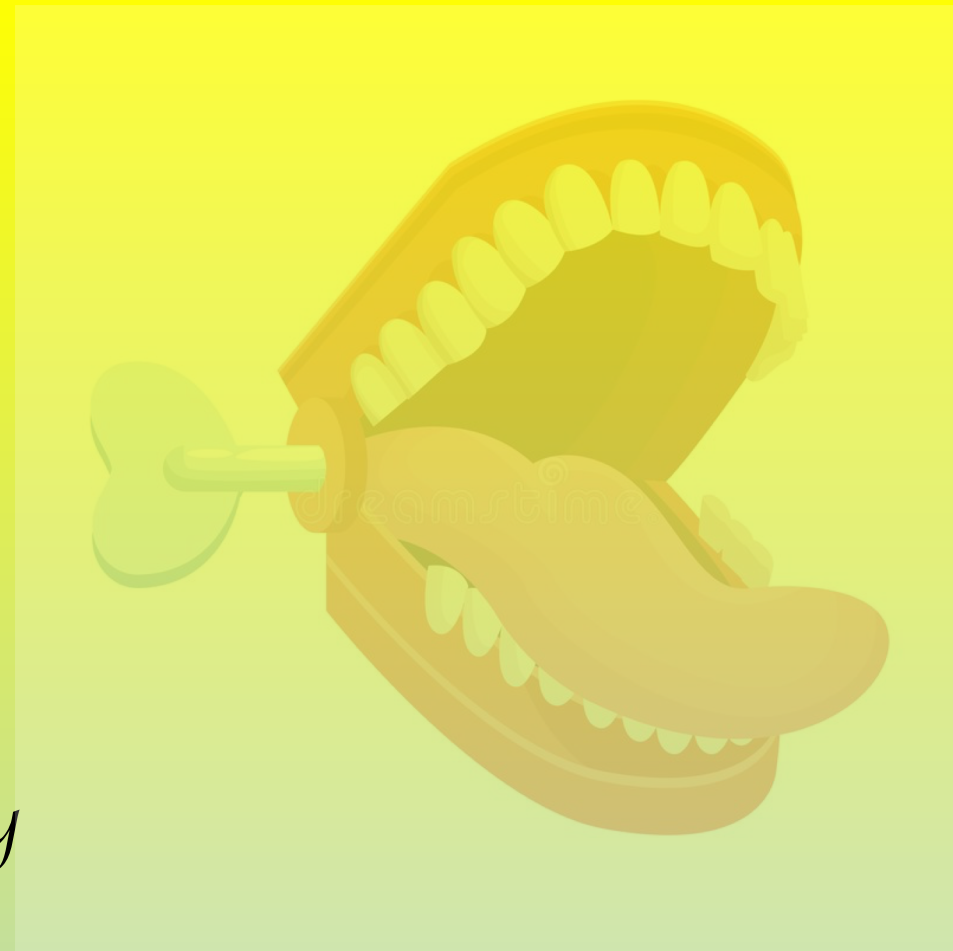


Jaw

Open jaw as much wide as possible

Move jaw from side to side then move quickly

Move jaw up and down slowly then move quickly



Sucking

Vegetative skills

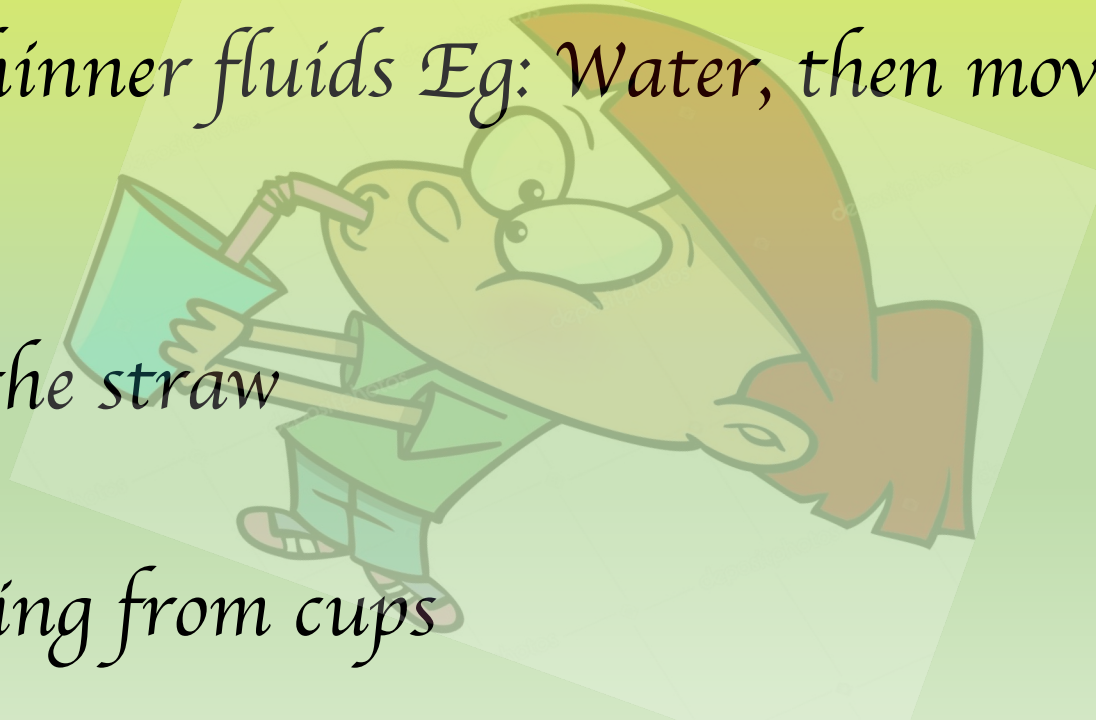
Use feeding bottles/Sipper bottles

Straw drinking: Starting from a short & wider diameter Straw to a thin & long straw

Note: Use thinner fluids Eg: Water, then moving on to thicker fluids later

Blowing in the straw

Begin drinking from cups



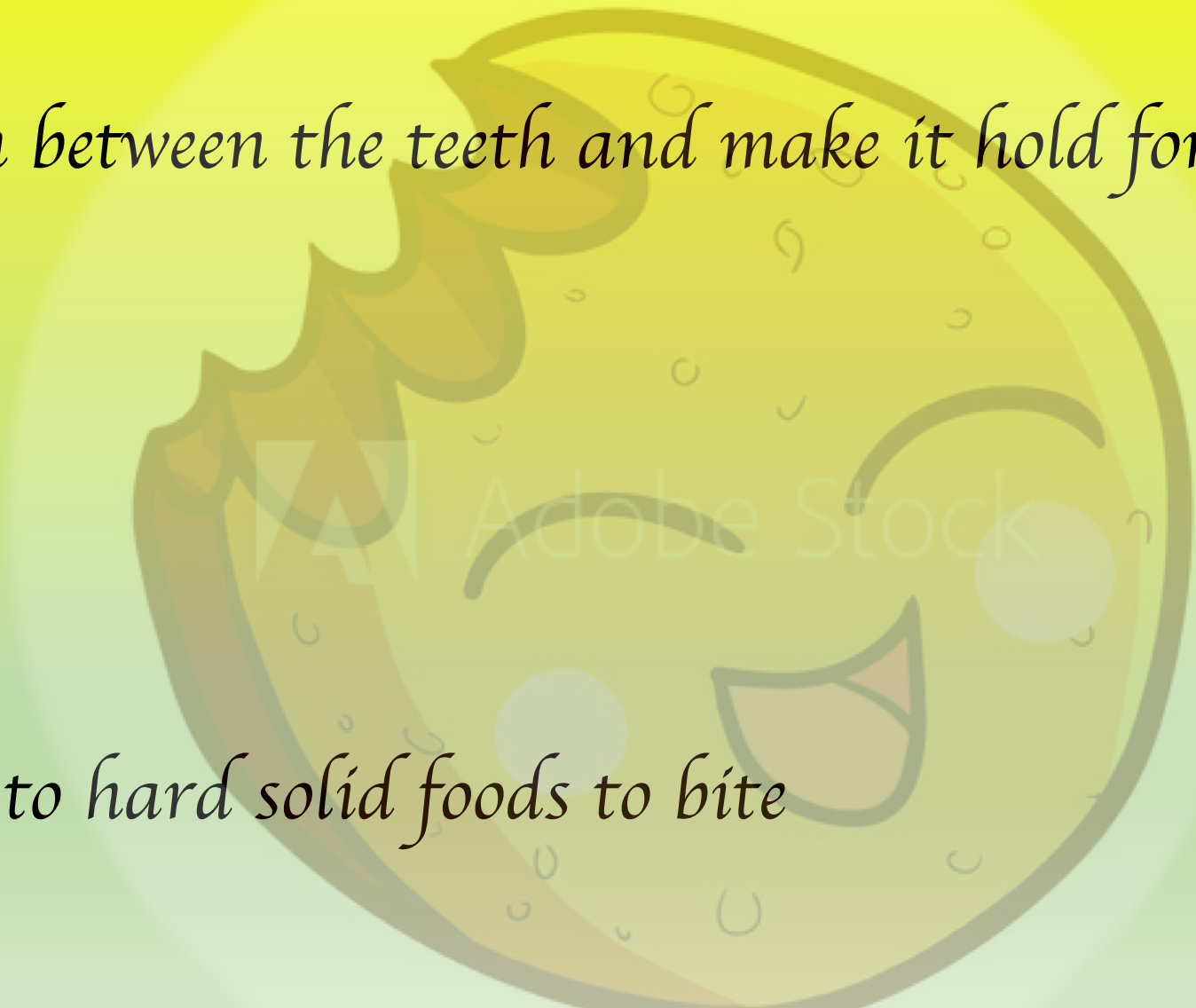
Biting

Keep spoon or stick in between the teeth and make it hold for 20 secs

Give biscuits to bite

Teethers can be used

Then move on giving to hard solid foods to bite



Use cheek & gum massage

Rotate on the cheeks clock wise followed by anti clockwise using your hands for about 10 times each

Use index finger to massage the upper gum in right side

Thumb to massage the lower gum to the left side

Use light-medium pressure

Can also use vibrating brush/finger brushes



Blowing

Once puffing of cheeks is attained,

Use candles, paper pieces, cotton balls initially

Followed by bubbles and whistles

Later balloons starting from bigger ones to smaller balloons can be used to train blowing



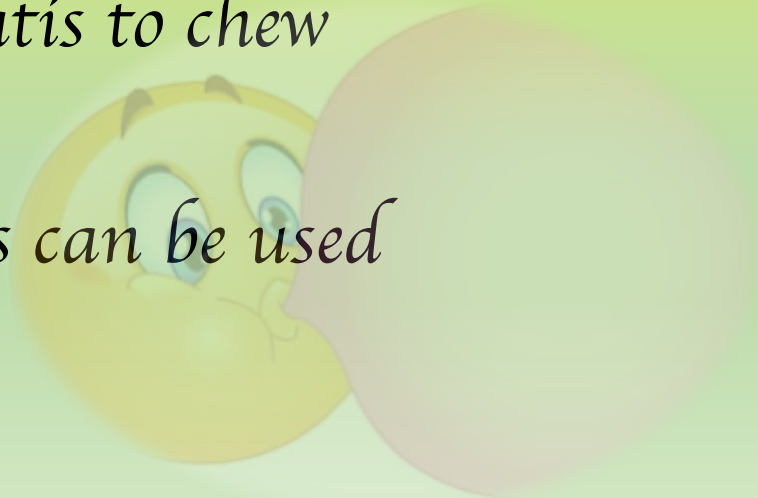
Chewing

Start training to chew from semisolid/mashed foods to solid and hard solid foods depending on the level of your child

Give peanuts, Bengal grams to chew

Give Rotis/ Chapatis to chew

Later bubble gums can be used



Swallowing

Make the child to maintain upright posture during eating. Do not eat/feed in lying position.

Mashed to hard solid foods can be given based on the child's vegetative functioning

Give auditory and visual feedbacks to chew and swallow food/saliva

For oral stimulation exercises demo video : Visit Youtube video Subscribe: Nachiketa Rout

For Clarifications/Goals, Contact: Gayathri (Speech Therapist): +91 6369950911

STAY HOME.. STAY SAFE!

*Its all about finding "Calm in the
Chaos"..*

Next series of home training profile to be continued by....

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