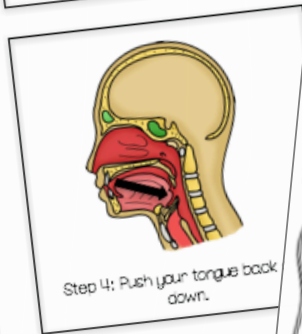
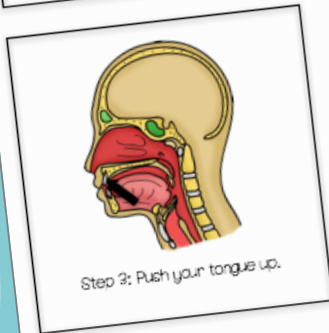
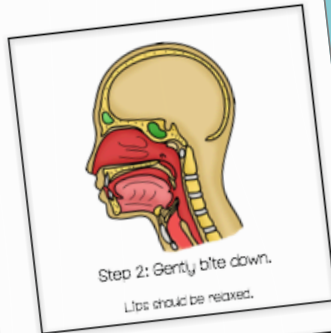
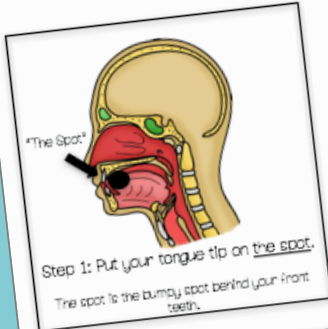


Tongue Thrust Program

The Correct Swallow



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Exercise #1 Tongue Tip Awareness

Duration: 3 sets, daily
Frequency: 7 days



Instructions:

- Place the tip of the tongue on the spot
 - The Spot: The bumpy spot behind your top front teeth
- Jaw is open, mouth is still, and lips are relaxed
- Tongue stays on the spot, pointing up for 30 seconds, eventually 100 seconds.

Assign the the spot home charts after completing the exercise.

Note: Do 3 sets, once a day, holding the tongue on the spot for 40 seconds, eventually 100 seconds. Rest 1 minute between sets. You should become aware of the correct resting position of the tongue during the week. After each set, write the amount of time you were able to keep the tongue at the spot.

Resting Position Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	40 seconds	50 seconds	60 seconds	70 seconds	80 seconds	90 seconds	100 seconds
Set 2							
Set 3							

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Directions

1. Use the tongue thrust screening form to determine if the client has a tongue thrust.
2. After confirming that the client has a tongue thrust, discuss with the parent and student the overall plan for the program.
 1. It is suggested that 3 exercises are assigned weekly; however, it can be adjusted to fit the client's and his/her family's needs. (No more than 3 exercises should be taught weekly).
3. Have the client sign the swallowing contract to facilitate participation in the program.
4. Teach the client and his/her family the correct swallow.
 1. Print out copies for the client and his/her family to keep for reference.
5. Teach the exercises in the order provided during therapy. Make it fun by incorporating them into the client's favorite games!
6. Ask the parent to observe or join a treatment session to learn the exercises.
7. Assign the exercises as homework. Print out the sheet provided, so the client can track his/her progress.
 1. Exercises are most effective when spread out (e.g., One in the morning, one at night).
 2. Reassign homework if you decide that the client needs more practice.
8. Print out the exercise cards to use with games during therapy.
9. Once the client learns the correct swallow print out the note to the parents to facilitate generalization of the correct swallow.
10. Provide the home chart to help facilitate generalization of the correct swallow.
11. Reward the student with the certificate upon completion of the program.

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Examiner: _____

Tongue Thrust Screening Form

Client Name: _____ Parents: _____

Date of Assessment: _____ Phone #: _____

Date of Birth: _____ Address: _____

Chronological Age: _____

Information provided by: _____

Materials Needed:

- Cup Mirror Tongue Depressor Gloves Flashlight Spoons
- Thin liquid (e.g., water) Thick liquid (e.g., smoothie)
- Soft Food (e.g., applesauce) Hard Food (e.g., cracker)

Background Information:

Referred by: _____

Current dentist/orthodontist: _____

Phone #: _____

Address: _____

Tongue-resting posture: _____

Lips-resting posture: _____

Medical concerns: _____

Dental Issues: _____

Speech/articulation development: _____

Current speech-language services: _____

Previous speech-language services: _____

Signs/Symptoms - Check if client presents with any of the following:

- Thumb/finger sucking history: _____
- Frequent colds/congestion: _____
- Allergies: _____
- Mouth breathing while sleeping: _____
- Reversal of orthodontic work: _____
- History of oral defensiveness: _____
- Difficulty swallowing pills: _____
- Family history of tongue thrust: _____
- Feeding difficulties as as an infant: _____

Oral Mechanism Examination – Observe the structures at rest:

Lips

- Asymmetrical: _____
- Lips resting posture (open): _____
- Closure (upper lip shortened): _____

Palate

- High/Arched/Narrowed Palate: _____

Pharynx

- Enlarged tonsils: _____

Jaw & Teeth

- Malocclusion (overbite, underbite, crossbite): _____
- Misalignment: _____

Tongue

- Tone (flaccid): _____
- Abnormal tongue resting posture (low & forward, pushes against teeth, hangs out of mouth completely): _____
- Macroglossia (enlarged tongue): _____
- Ankyloglossia (tongue tied) : _____

Swallowing Examination – Check if any of the following are observed:

Swallowing Liquids

1. Thin Liquids
2. Thick Liquids

Swallowing Solids

1. Soft Foods
2. Hard Foods

- Observable tongue thrust (forward protrusion of tongue before/during/after the swallow)
- Lateral protrusion of tongue during swallow
- Contraction of mentalis muscle during swallow
- Vigorous tensing of orbicularis oris muscle to produce lip seal during swallow
- Little to no contraction of the masseter muscle during swallow
- Abnormally loud swallow
- Abnormally messy swallow
- Extraneous movements of the face or head during the swallow
- Inadequate lingual and/or labial seal (drooling, loss of liquid) during swallowing

*Hard Foods only**

- Mastication (chewing) observed near the front of the mouth/teeth

If the client gives permission, pull his/her lips apart while he/she is swallow, so you can see the movements of the tongue during the swallow.

Speech Sound Examination

- Speech sound errors: _____
- Speech sounds that are dentalized: _____

Total # of checkmarks: _____

Note: The greater number of checkmarks, the higher the chance that the client presents with a tongue thrust.

What is a Tongue Thrust?

A tongue thrust is known as a “reverse swallow”. During a tongue thrust (reverse swallow), the tongue pushes forward against the front teeth. Almost all infants swallow this way; however, by 6 years of age, most children automatically change to the normal swallow pattern (i.e., the tongue moves backwards during the swallow). Unfortunately, some children do not automatically change to the normal swallow pattern.

Causes: There can be a variety of causes (e.g., thumb sucking, enlarged tonsils, enlarged adenoids, poor muscle control, familial history, and many more).

Effects: A tongue thrust can contribute to dental problems (e.g., misalignment or malocclusions), malformation of the jaw, and/or speech sound errors.

Correcting the tongue thrust may be helpful in improving your child’s speech sound production. The tongue thrust correction program may last 3 to 4 months. There will be weekly sessions and homework assigned. It is imperative that you work on homework at home to help make your child’s new swallow habitual.

Please feel free to contact me if you have any questions!

Thank you for your cooperation,

Speech-language pathologist

E-mail Address

Swallowing Contract

I will work hard to learn the correct swallow described below:

Correct Swallow:

1. Tongue tip is on the spot.
2. Bite down with lips relaxed
3. Tongue tip moves up
4. Tongue moves back and down

I will practice using it everyday. I will work hard in sessions and do my homework everyday. After three to four months, I will be swallowing correctly everyday.

Sincerely:

Student

I want to help my child correct their tongue thrust. I will be supportive and encouraging throughout the whole program.

Sincerely:

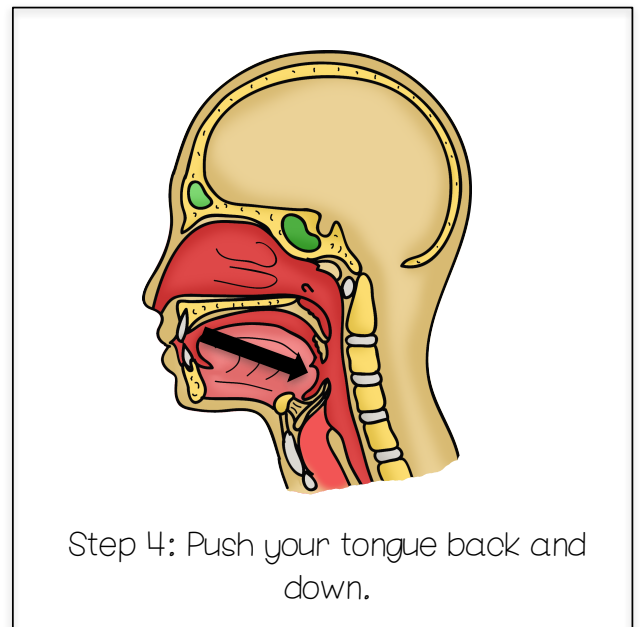
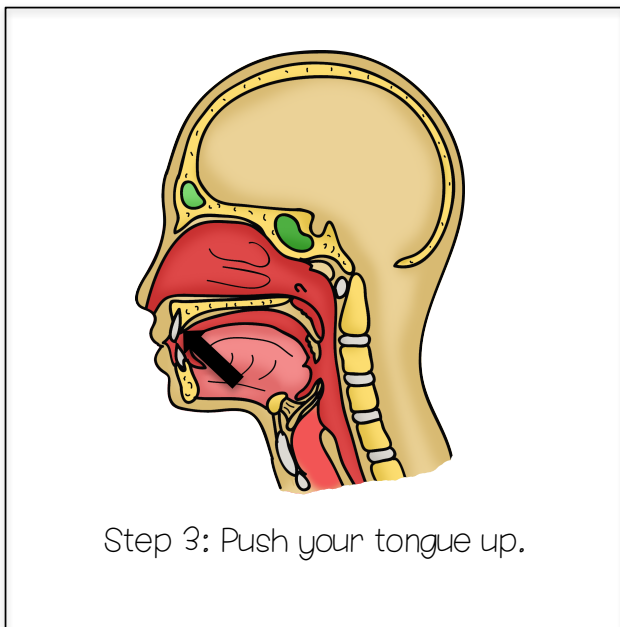
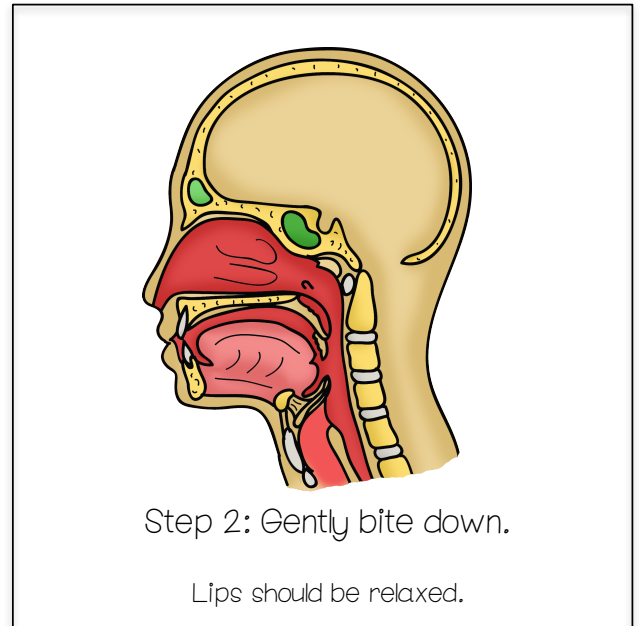
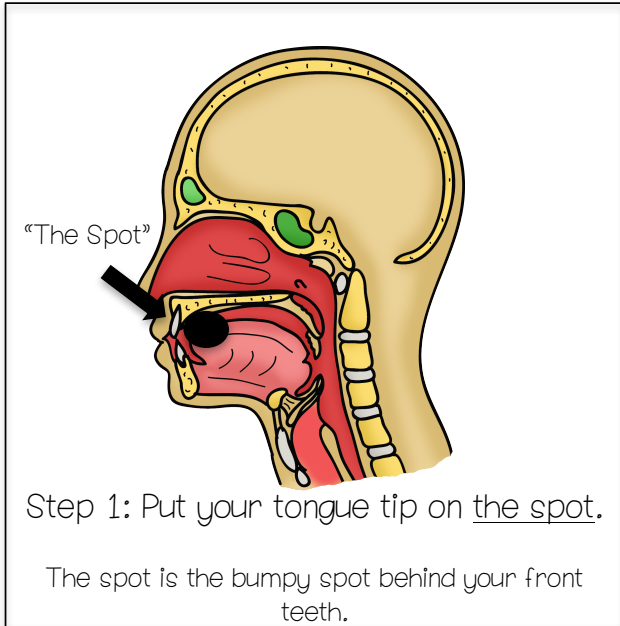
Parent

I will work hard to help _____ learn to swallow correctly. I will be encouraging and understanding.

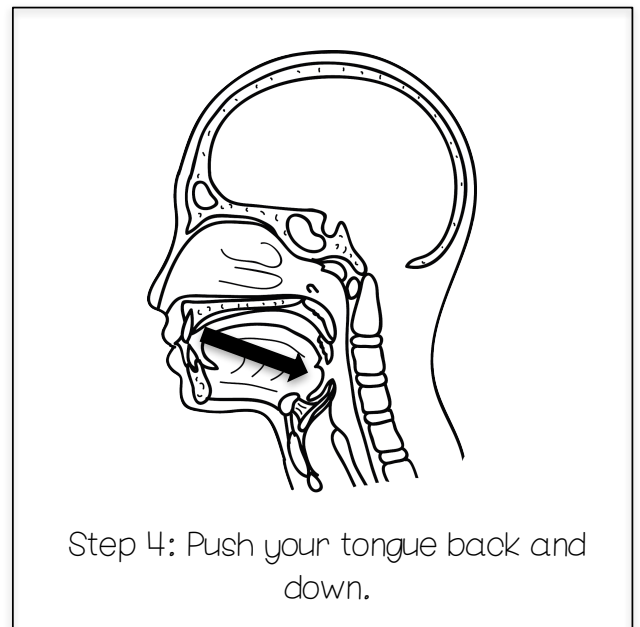
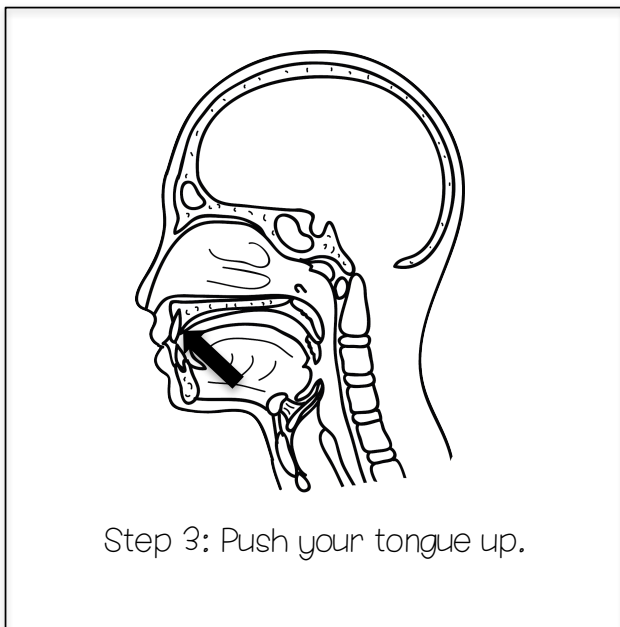
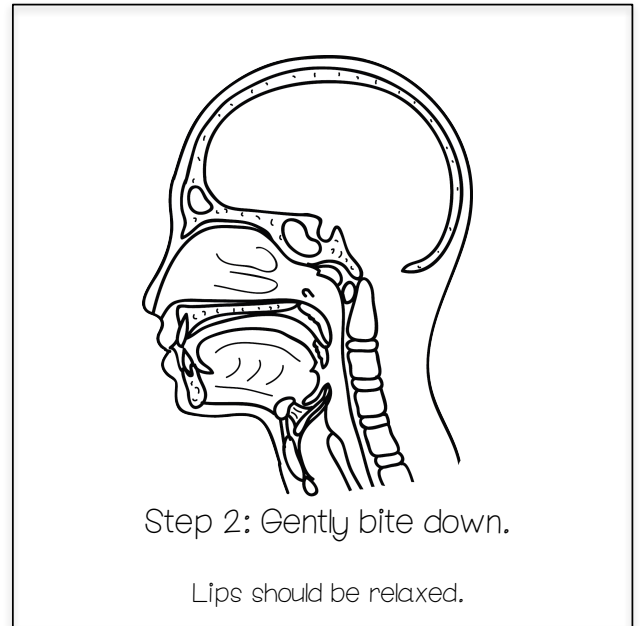
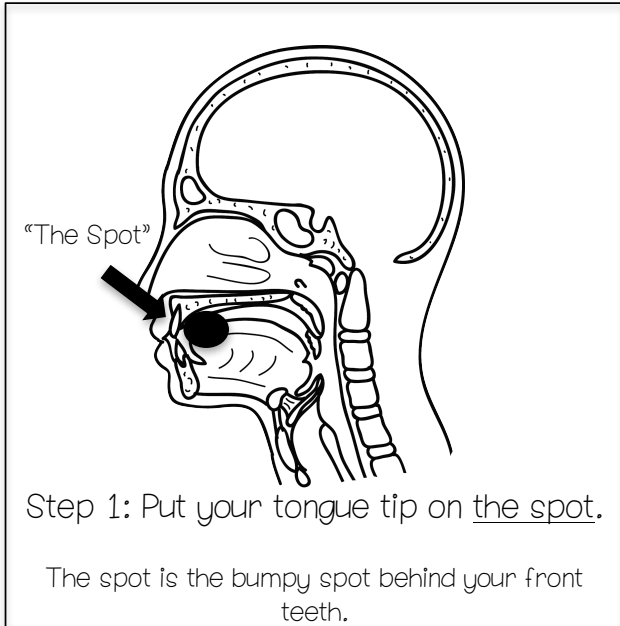
Speech-language pathologist

E-mail Address

The Correct Swallow



The Correct Swallow

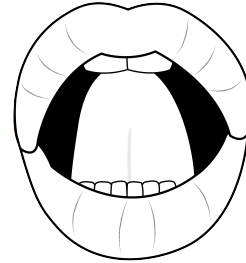


Exercise #1

Tongue Tip Awareness

Duration: 3 sets, daily

Frequency: 7 days



Instructions:

1. Place the tip of the tongue on the spot
 1. **The Spot:** The bumpy spot behind your top front teeth
2. Jaw is open, mouth is still, and lips are relaxed
3. Tongue stays on the spot, pointing up for 30 seconds, eventually 100 seconds.

Assign the the spot home charts after completing the exercise.

Note: Do 3 sets, once a day, holding the tongue on the spot for 40 seconds, eventually 100 seconds. Rest 1 minute between sets. You should become aware of the correct resting position of the tongue during the week. After each set, write the amount of time you were able to keep the tongue at the spot.

Resting Position	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	40 seconds	50 seconds	60 seconds	70 seconds	80 seconds	90 seconds	100 seconds
Set 1							
Set 2							
Set 3							

Home Chart

Name: _____ Date: _____

Instruct the client that the natural resting position of the tongue should be at the spot. Place a checkmark on the track sheet each time your tongue was on the spot in the following activities.

Day	Getting Ready	Class Time	Recess	T.V. Time	Homework time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Home Chart

Name: _____ Date: _____

Instruct the client that the natural resting position of the tongue should be at the spot. Place a checkmark on the track sheet each time your tongue was on the spot in the following activities.

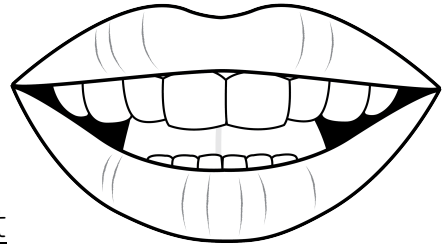
Day					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Exercise #2

Tongue Stretch

Duration: 2 sets of 5 Caves, daily

Frequency: 7 days



Instructions:

1. Place the tip of the tongue on the spot
 1. **The Spot:** The bumpy spot behind your top front teeth.
2. Suck the whole tongue up tightly like a cave against the roof of the mouth. (Do not touch the six front teeth in the upper jaw)
3. Open your mouth as wide as you can, stretching the small band of tissue connecting the underside of your tongue to the floor of your mouth for 15 seconds, eventually 1 minute.
4. "Click" the tongue. - Mouth remains open and jaw remains still.

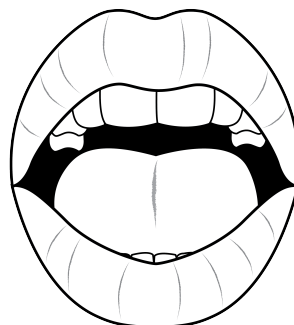
Note: Do 2 sets of 5 tongue stretches, daily, holding the cave for 15 seconds, then 30 seconds, and then 1 minute. when the tongue is stronger. Rest 15 seconds between sets. Place a checkmark on the track sheet each time you complete this exercise.

Caves	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cave	15 seconds	15 seconds	15 seconds	30 seconds	30 seconds	60 seconds	60 seconds
Set 1							
Set 2							

Exercise #3

Tongue Clicks

Duration: 2 sets of 20 Tongue Clicks, daily
Frequency: 7 days



Instructions:

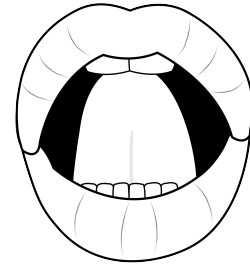
- Place the tip of the tongue on the spot
 - The Spot:** The bumpy spot behind your top front teeth
- Suck the whole tongue up tightly like a cave against the roof of the mouth. (Do not touch the six front teeth in the upper jaw)
- Open your mouth as wide as you can, stretching the small band of tissue connecting the underside of your tongue to the floor of your mouth.
- “Click” the tongue. - Mouth remains open and jaw remains still.

Note: Do 2 sets of 20 clicks a day. Rest 15 seconds between sets if done consecutively. Place a checkmark on the track sheet each time you complete this exercise.

Pops	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pop	20 Times	20 times	20 times	20 times	20 times	20 times	20 times
Set 1							
Set 2							

Exercise #4

Tongue Tip Hold



Duration: 3 sets, daily

Frequency: 7 days

Instructions:

1. Using, the tip of the tongue, hold a mint or candy of similar shape on the spot
 1. **The Spot:** The bumpy spot behind your top front teeth
2. Jaw is open, mouth is still, and lips are relaxed
3. Tongue holds the mint/candy on the spot, pointing up for 30 seconds, eventually 100 seconds.
4. Reward the child by allowing him/her to eat the mint/candy.

Assign the the spot home charts if needed.

Note: Do 3 sets once a day, holding the mint/candy on the spot for 40 seconds, eventually 100 seconds. Rest 1 minute between sets. You should become aware of the correct resting position of the tongue during the week. After each set, write the amount of time you were able to keep the tongue at the spot.

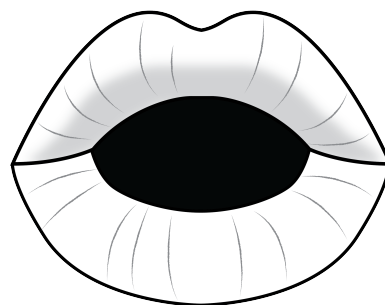
Resting Position	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	40 seconds	50 seconds	60 seconds	70 seconds	80 seconds	90 seconds	100 seconds
Set 1							
Set 2							
Set 3							

Exercise #5

Open-Close

Duration: 3 sets of 10 open-close, daily

Frequency: 7 days



Instructions:

1. Hold the tongue tip on the spot
 1. **The Spot:** The bumpy spot behind your top front teeth
2. Suck the whole tongue up tightly like a cave against the roof of the mouth. (Do not touch the six front teeth in the upper jaw)
3. Keep your tongue in that position while you open and close your jaw 10 times.

Note: Do 3 sets of 10 open-close, once a day. Rest 1 minute between sets, if done consecutively. Place a checkmark on the track sheet each time you complete this exercise.

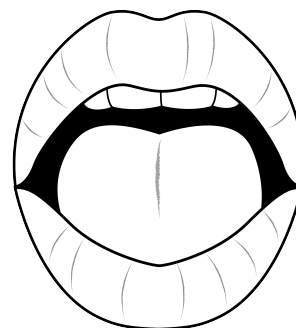
Resting Position	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							
Set 3							

Exercise #6

Yawning Exercise

Duration: 2 sets of 10 the Yawning Exercises, daily

Frequency: 7 days



Instructions:

1. Practice yawning, while saying “ahh”
2. Relax throat
3. Inhale and exhale
4. Do not open the mouth any wider than 3/4 inch – 1 inch for the yawn.

Note: Yawning stimulates the throat and tongue. This will help you swallow correctly because the soft palate lifts for swallowing. Evidence shows it also helps with tongue base strength.

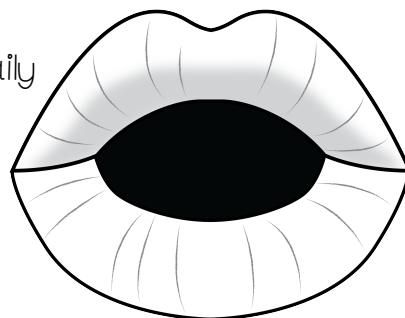
This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 10 sets of this exercise, twice a day. Rest 1 minute between sets if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Yawn	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #7

Gargling Exercise

Duration: 2 sets of 10 the Gargling Exercises, daily
Frequency: 7 days



Instructions:

1. Gargle without water.
2. Feel the back of the throat activity - It should feel open and relaxed.

Note: Gargling stimulates the throat and tongue. Your awareness of the muscles that are exercised while gargling will help you swallow correctly. Evidence shows it also helps with tongue base strength.

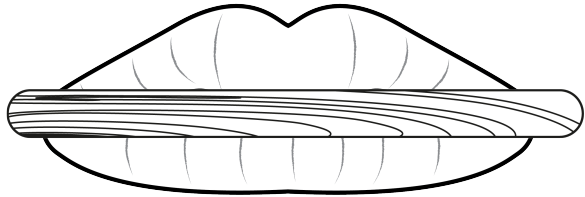
This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 10 sets of this exercise, twice a day. Rest 1 minute between sets, if done sequentially . Place a checkmark on the track sheet each time you complete this exercise.

Gargle	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #8

Tongue Blade Hold

Duration: 2 sets of the Tongue Blade Hold, for 5 minutes, daily
 Frequency: 7 days



Instructions:

1. Hold a tongue blade/depressor between the lips, the lips should be relaxed but still holding the straw/candy
2. Hold the tongue blade/depressor straight.
3. Do not get the tongue blade/depressor wet.
 1. Tongue should stay on the spot.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 5 minutes of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

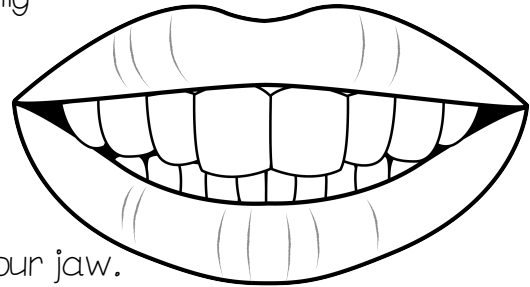
Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Set 1							
Set 2							

Exercise #9

Biting Exercise

Duration: 2 sets of 5 biting exercises, daily

Frequency: 7 days



Instructions:

1. Place your fingers on each side of your jaw.
2. Put your tongue on the spot
 1. **The Spot:** The bumpy spot behind your top front teeth
3. Bite your back teeth together hard and feel the muscles flex.
4. Count to 10 and then relax. - Repeat several times.

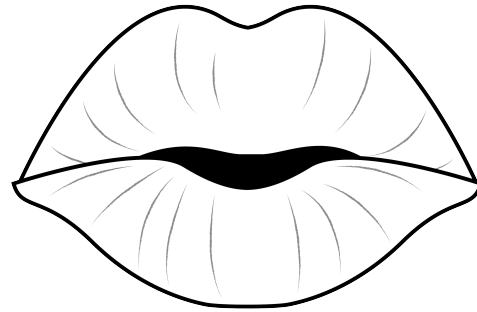
Note: This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 5 biting exercise, a day. Rest 15 seconds between sets., if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Biting	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	5 Times	5 times	5 times	5 times	5 times	5 times	5 times
Set 1							
Set 2							

Exercise #10

“Slurp-Swallow-Say “Choo”

Duration: 2 sets of 10 “Slurp- Swallow- Say “Choo” Exercises, daily
Frequency: 7 days



Instructions:

1. Put your tongue on the spot.
2. Slurp loudly
3. *Bite* teeth together (put fingertip on jaw to feel masseter muscle tighten just below and in front of your ear)
4. *Suck* tongue tightly up on the spot.
5. *Swallow* with lips open, then say “Choo”

Note: This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 10 of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

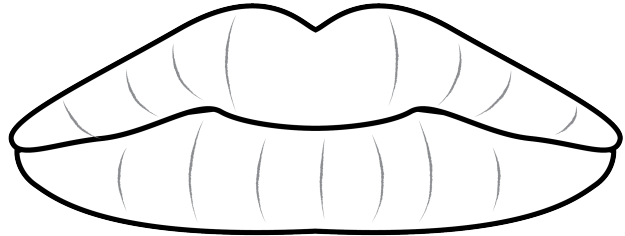
Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #11

Lip Exercise

Duration: 2 sets of the Lip Exercises for 15 minutes, daily

Frequency: 7 days



Instructions:

1. Hold a straw or candy of a similar shape between the lips, the lips should be relaxed but still holding the straw/candy
2. If a piece of candy is used, the child can be rewarded with eating the candy

Note: This encourages a “lip together” position, which provides an environment that promotes nose breathing, normalizing healthy development. This is a good exercise to do when you are reading a book, watching TV, or just relaxing.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 15 minutes of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

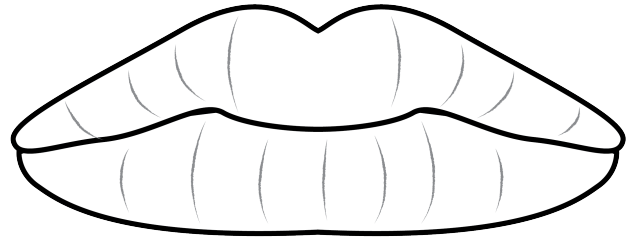
Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
Set 1							
Set 2							

Exercise #12

Resting Lips

Duration: 2 sets of the Resting Lip Exercises for 15 minutes, daily

Frequency: 7 days



Instructions:

1. Close your lips, the lips should be relaxed.
2. Place the tongue on the spot.
3. Hold your tongue and lips in this position for 15 minutes.

Note: This encourages a “lip together” position, which provides an environment that promotes nose breathing, normalizing healthy development. This is a good exercise to do when you are reading a book, watching TV, or just relaxing.

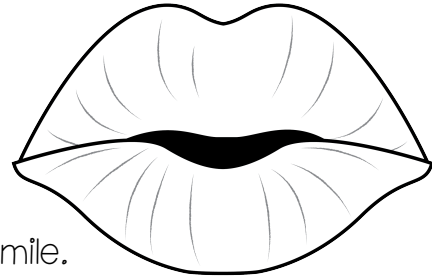
This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 15 minutes of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
Set 1							
Set 2							

Exercise #13

Kiss and Smile

Duration: 2 sets of the Kiss and Smile Exercises for 15 minutes, daily
Frequency: 7 days



Instructions:

1. Pucker your lips (kissing face) and then smile.
2. Do 10 of the kiss and smiles.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 10 sets of this exercise, twice day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #14

Liquid Management

Duration: 2 sets of 10 Water Seal, daily

Frequency: 7 days

Instructions:

1. Take a *small* sip of water, place the water in your cupped tongue
2. Assume the “suck up” position with tongue on the spot.
3. Trap or seal the water between the tongue and the palate
4. Mouth remains open for the water seal
5. Tongue remains tightly sealed in “suck up” position.
6. Check correct position in the mirror
7. Roll head from side to side over a tissue/towel. If no water comes out, the tongue has successfully sealed the water.
8. Now release the water into a cup or the sink.

Note: This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #15

Water Seal – Swallow

Duration: 2 sets of 10 Water Seal - Swallow, daily

Frequency: 7 days

Instructions:

1. After showing the small amount of water is successfully sealed:
 1. Hold tongue on the spot in a “cup” shape
 2. *Bite* the back teeth together
 1. Masseter muscles pop out (feel the masseter muscle with your finger tip)
 3. Close the lips to form a “vacuum” in the mouth
2. *Suck* the tongue up and back
3. *Swallow* the water with the tongue in the “sucking up” position.
4. Keep lips relaxed.

Note: If you are successful, you are now swallowing water correctly! This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #16

Continuous Drinking

Duration: 2 sets of 10 Continuous Drinking - Swallow, daily
Frequency: 7 days

Instructions:

1. Placing tongue tip in the spot, biting the teeth together, placing the cup to the lips and sucking the water through the teeth.
2. Continue until all the liquid is gone, keeping the tongue on the spot with the back teeth together.

Note: Remember, however, for the *last* water swallow to bite back teeth together with the tongue in the neutral position, and then swallow. Do not lick your lips when you have swallowed.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets., if done sequentially Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #17

Straw Swallow

Duration: 2 sets of 10 Straw Swallow, daily

Frequency: 7 days

Instructions:

1. Placing tongue tip on the spot , placing the straw to the lips and sucking the water through the teeth.
2. Continue until all the liquid is gone, keeping the tongue on the spot with the back teeth together.

Note: Remember, however, for the *last* water swallow to bite back teeth together with the tongue in the neutral position, and then swallow. Do not lick your lips when you have swallowed.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #18

Soft Food Swallow

Duration: 2 sets of 10 Soft Food Swallow, daily

Frequency: 7 days

Instructions:

1. Use a spoon to place a small amount of food in the middle of the tongue.
 1. Start off with soft foods (e.g., applesauce, mashed banana, yogurt, or pudding)
2. Keep tongue in the mouth when spoon is inserted.
3. Close lips to form a "vacuum" in the mouth.
4. Tongue is in bowl shape.
5. *Bite.*
6. *Suck* the tongue up and back on the spot .
7. *Swallow* with the tongue lifting up and back (like a dump truck)
8. Relax your lips.
9. Make sure that no food comes forward as you swallow.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise #19

Hard Food Swallow

Duration: 2 sets of 10 Hard Food Swallow, daily

Frequency: 7 days

Instructions:

1. Bite the hard food (e.g., crackers or cookies) between your teeth.
2. Keep tongue in the mouth when food is inserted.
3. Close lips to form a “vacuum” in the mouth.
4. *Chew*
5. *Suck* the tongue up and back on the spot .
6. *Swallow* with the tongue lifting up and back (like a dump truck)
7. Relax your lips.
8. Make sure that no food comes forward as you swallow.

This exercise should be completed 2 times a day (a combination of the two morning, afternoon, or evening) for 7 days. Do 2 sets of 10 repetitions of this exercise, a day. Rest 1 minute between sets, if done sequentially. Place a checkmark on the track sheet each time you complete this exercise.

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercise	10 times	10 times	10 times	10 times	10 times	10 times	10 times
Set 1							
Set 2							

Exercise Cards

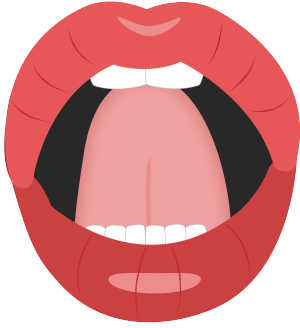
Materials: Straw, Candy, tongue blade/ depressor

Instructions:

1. Cut and print the cards.
2. Pair these cards with the client's favorite game!

Tip: Use the colored cards for session and send the black and white cards home!

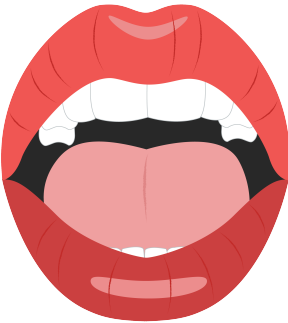
Tongue Tip Awareness



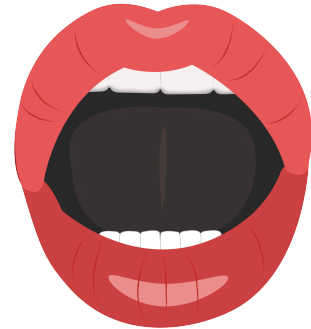
Tongue Stretch



Tongue Clicks



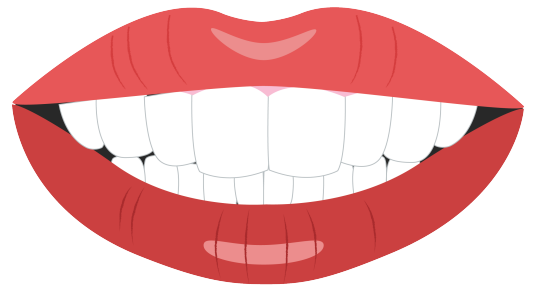
Yawning



Gargling



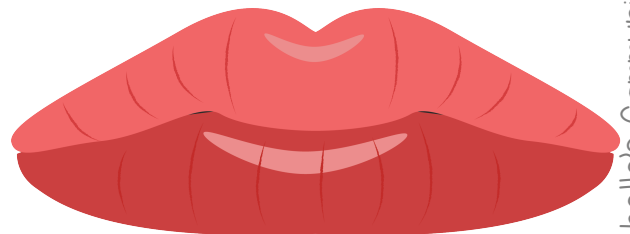
Biting



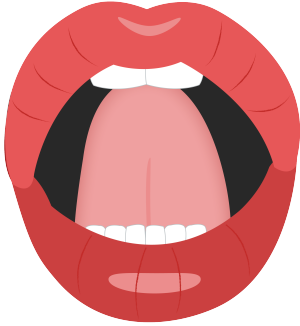
**“Slurp-Swallow-Say
“Choo”**



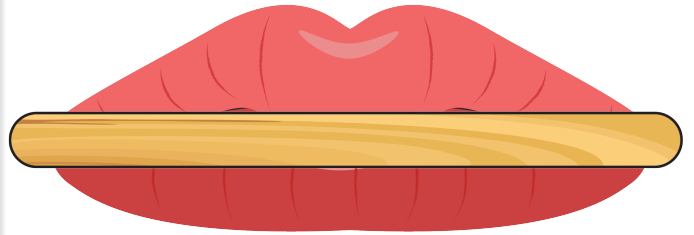
Lip Exercise



Tongue Tip Hold



Tongue Blade Hold



Open-Close



Kiss and Smile



Free Choice!

Do any of exercises that we have learned!

Free Choice!

Do any of exercises that we have learned!

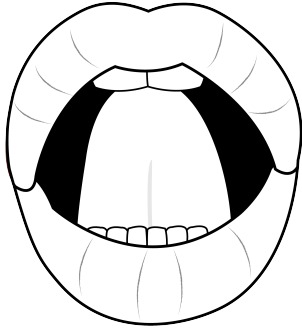
Free Choice!

Do any of exercises that we have learned!

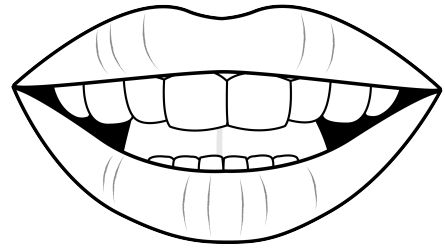
Free Choice!

Do any of exercises that we have learned!

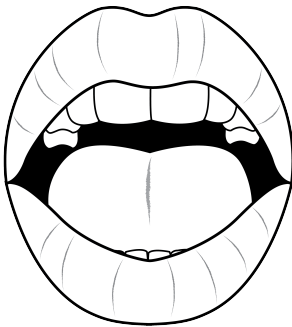
Tongue Tip Awareness



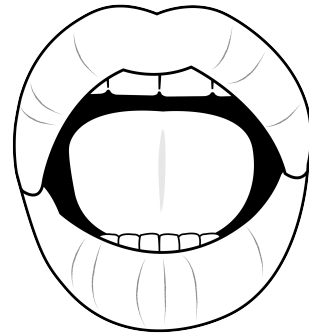
Tongue Stretch



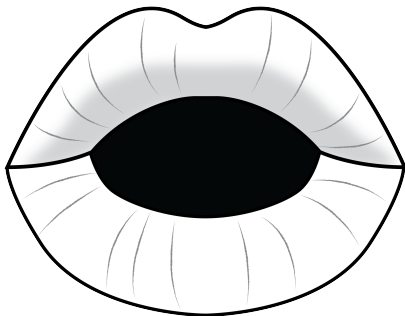
Tongue Clicks



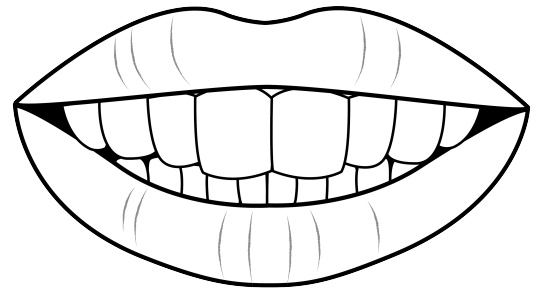
Yawning



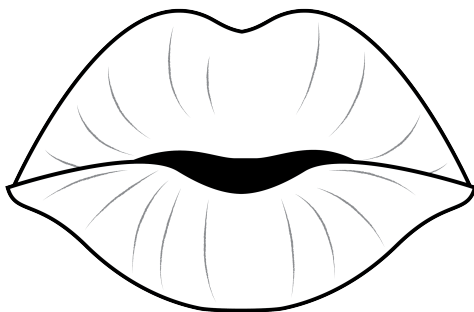
Gargling



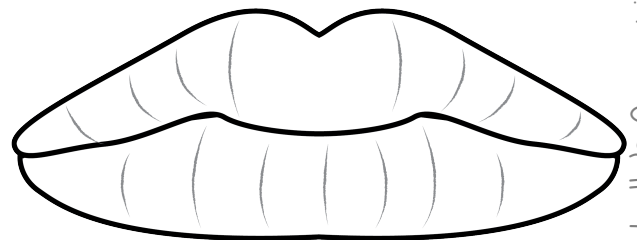
Biting



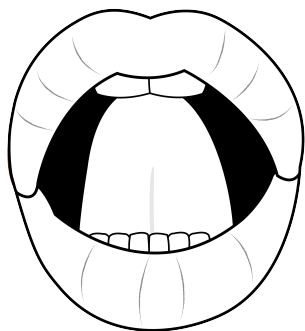
“Slurp-Swallow-Say” “Choo”



Lip Exercise



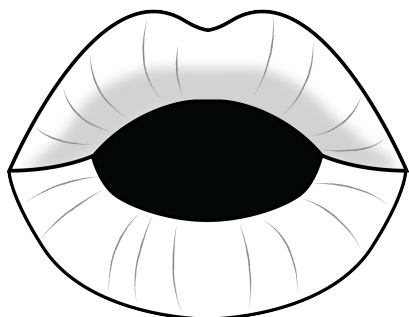
Tongue Tip Hold



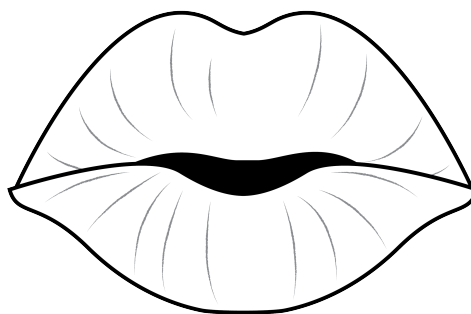
Tongue Blade Hold



Open-Close



Kiss and Smile



Free Choice!

Do any of exercises that we have learned!

Free Choice!

Do any of exercises that we have learned!

Free Choice!

Do any of exercises that we have learned!

Free Choice!

Do any of exercises that we have learned!

Swallow Cards

Materials: Water, Cup, Straw, Napkins, and Soft food (e.g., yogurt, applesauce, mashed bananas, pudding),

Out and print the cards. Pair these cards with the client's favorite game!

Liquid Management

Take a *small* sip of water, place the water in your cupped tongue. Assume the "suck up" position with tongue on the spot. Roll head from side to side over a tissue/towel. If no water comes out, the tongue has successfully sealed the water. Now release the water into a cup.

Water Seal Swallow

After successfully sealing small amount of water, hold tongue on the spot in a "cup" shape. *Bite* the back teeth together. Close the lips to form a "vacuum" in the mouth. *Suck* the tongue up and back. *Swallow* the water with the tongue in the "sucking up" position. Keep lips relaxed.

Continuous Drinking

Placing tongue tip in the spot, biting the teeth together, placing the cup to the lips and sucking the water through the teeth. Continue until all the liquid is gone, keeping the tongue on the spot with the back teeth together.

Straw Swallow

Placing tongue tip on the spot, placing the straw to the lips and sucking the water through the teeth. Continue until all the liquid is gone, keeping the tongue on the spot with the back teeth together.

Soft Food Swallow

Use a spoon to place a small amount of soft food in the middle of the tongue. Keep tongue in the mouth when spoon is inserted. Close lips to form a "vacuum" in the mouth. Tongue is in bowl shape. *Bite*, *suck* the tongue up and back on the spot and *swallow* with the tongue lifting up and back (like a dump truck). Relax your lips.

Hard Food Swallow

Bite the hard food (e.g., crackers or cookies) between your teeth. Keep tongue in the mouth when food is inserted. Close lips to form a "vacuum" in the mouth. *Chew Suck* the tongue up and back on the spot. *Swallow* with the tongue lifting up and back (like a dump truck) Relax your lips.

Dear Parents

_____ has learned the correct swallow described below:
Student's name

Correct Swallow:

1. Tongue tip is on the spot.
2. Bite down with lips relaxed
3. Tongue tip moves up
4. Tongue moves back and down

Now, we will work together to make this correct swallow habitual! Your continued support at home is needed to correct your child's swallow. Listed below are ideas for making the new swallow habitual:

1. Make reminders (i.e., "Use your new swallow!") for your child. They can be placed on the child's phone, desk, lunchbox, water bottle, and mirror!
2. Make a placemat with a reminder (i.e. "Use your new swallow!") for meal times to remind the child to use their new swallow.
3. Create a secret signal with your child (e.g., scratch on the nose or hair tuck) to remind your child to use their new swallow.
4. Have your child fill out the home chart and reward them for progress made!

Thank you for support throughout this program! We will work together to make your child's new swallow habitual.

Speech-language pathologist

E-mail Address

Home Chart

Name: _____ Date: _____

Place a checkmark on the track sheet each time you used the correct swallow in the following activities.

Day	Breakfast	Lunch	Snack	Dinner	Salvia only swallows
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Home Chart

Name: _____ Date: _____

Place a checkmark on the track sheet each time you used the correct swallow in the following activities. (Fill in the activities in this blank chart)

Day					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Certificate of Achievement

presented to

Student's Name

In recognition of successful correction of tongue thrust

Presented by

Speech Language Pathologist

Date

Credits

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