



Oral-Motor Activities

What are Oral-Motor Skills?

The muscles of the lips, tongue, jaw and throat work closely together for safe, efficient feeding and clear speech.

Why do Oral-Motor Activities?

Just like we exercise to keep our bodies fit, we can also "work out" the muscles of the face and throat to become stronger and more coordinated. Oral-Motor activities are generally organizing and can help regulate a child's activity level, improve attention, body awareness and muscle tone.

- **Resistive sucking using items such as:**

- Curley straws
- Bottles with a long straws
- Lollipops
- Applesauce, milkshakes or smoothies through a straw
- Picking up pieces of paper by sucking through a straw.



- **Blowing activities such as:**

- Whistles
- Wind instruments
- Bubbles
- Horns
- Balloons
- Make splatter paint (make splatter paintings (use thin paint on paper... blow air through a straw and watch the paint move! can also use chocolate pudding thinned with milk on freezer paper)

