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)

Resource:
www.therapybc.ca