



Increasing tongue elevation

Don't attempt this exercise if the child cannot bring his or her tongue out of the mouth or even hold the tongue straight out

Steps

1. Place tongue to upper lip hold count to 5, if the child is able to perform the above; he or she is ready for step number 2. If the child cannot perform tongue tip to upper lip, work on that skill first. Little tricks I found helpful, were cheerios on a string and the child uses the tongue to catch the cheerios. I called it fishing for "Cheerios."
2. When the child masters "Fishing for cheerios," move to endurance, holding tongue tip to upper lip.
3. Next hold the spoon as shown above. When the child can perform the above and hold until you count to 20, then alternate with 1-2 tongue depressor(s).
4. Use the picture below to show the child how to keep tongue to roof of mouth and then you can start eliciting /d/, /l/, /t/. These exercises works for swallowing skills as well.

