



## ENCOURAGEMENT OF ARTICULATION: ORAL EXERCISES

### 1. Funny faces

Sit your child on your lap or close beside you and both look into a large mirror. Explain that you are going to make some funny faces, then:

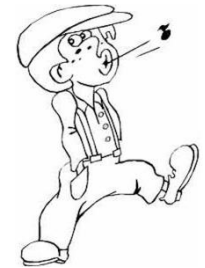
- pout and smile
- smile your widest smile;
- put your tongue out and in;
- blow your cheeks out (i.e., being a fat wo/man) while keeping your lips together;
- pop your cheeks;
- place your finger on your child's cheek and encourage him/her to push it away with his/her tongue;
- rub your lips together and make as many funny shapes with them in front of the mirror as you can;
- make a 'rabbit face' and pretend you are a rabbit nibbling lettuce? You will really have to make your lips work hard!
- lift your eyebrows and look very surprised;
- frown hard as though you were very puzzled about something;
- drag the corners of your mouth down and look really sorry for yourself;
- place a dab of honey on your child's outside lower and upper lip and encourage him/her to lick it all off.



### 2. Silly noises

Play at making these noises:

- Blowing raspberries;
- Growling;
- Car noises;
- Clip clop noises;
- Whistling.



### 3. Tongue

- Push your tongue out and move it from side to side and up and down.
- Put your tongue out as far as it will go and see if you can "point" it, keeping it perfectly still.
- Open your mouth wide and then try first touching the back of your top teeth, then the back of your bottom teeth. Repeat 5 times. Incorporate this with practising the sounds 'l', 't', 'n', 'd', 's' & 'z'.
- Pretend you are licking an ice lolly and really enjoying it. Then lick your lips.
- Run your tongue tip very, very slowly all the way around your mouth? See who can do it more slowly than anyone else can.



#### 4. Jaw

- a) Imagine you are chewing a very sticky toffee, and it's getting stuck all around your teeth so that you will really have to get your jaw and tongue working to get it all unstuck!
- b) Smooth your jaw open by running your finger tip downwards, stroking your jaw open until it quite slack. Then close your lips and repeat this slowly several times.



#### 5. Blowing

Get together a variety of things your child can blow; toilet or kitchen roll inners, blowing toys, straws, etc. Let your child play with blowing them. Demonstrate how to do this. Your child can start off by putting his/her lips over the end of the tube/instrument. Once s/he can achieve this, encourage him/her to keep his/her lips *behind* what they are blowing, rather than round it.



#### 6. Blowing noises



Blow into a variety of tubes, etc., but make noises as you blow. For example, do 'mumumum' into a toilet roll inner. Do 'ssssssss' down a straw.

#### 7. Tissue paper



Place a piece of scrunched-up tissue paper on a book or piece of card. Put the card under your bottom lip and blow the tissue across the card so that it hits the mirror.

#### 8. Sugar strands



Wet the back of a spoon and dip it in some sugar strands or chocolate flakes. Hold the spoon in front of your child's mouth so that s/he has to push his/her tongue right out in order to lick the back of the spoon. Don't let him/her move his/her head to get closer to the spoon. Then try doing the same holding the spoon at the sides of his/her mouth. Wet his/her chin and put some sugar strands on it. See if s/he can lick them off effectively. then try doing the same under his/her nose.

#### 9. Matchbox



Using a large matchbox with the inside tray taken out and two scrunched-up pieces of tissue paper, one inside the box and one on top, hold the matchbox up to your child's mouth so that the top is under his/her nose and the inside fits over his/her lips. Ask your child to blow off the top piece of tissue paper with air from his/her nose and the inside piece with air from his/her mouth. Only one piece should move at a time.

## 10. Speech sound play

Play at making these speech sounds:

- a. Blow out a match or a candle using the sounds, /p/t/k/.
- b. Make big noises with the sounds, /b/d/g/.
- c. Blowing noises:
  - i. 'sh' with finger up to lips, meaning, 'Be quiet'.
  - ii. 's' like a snake hissing.
  - iii. 'f' like air escaping from a balloon.
  - iv. 'ch' train noise.
- d. Look in the mirror and practise making these sounds:  
'ah' 'ee' 'oo' 'oh'
- e. Make consonants using the lips combined with vowel sounds; e.g., 'boo, bow, bough, bor, bar, bay, bee' or, 'pah, pea, poor, poo, pow', etc.
- f. Mouth words and phrase (and even rhymes) using no voice at all, e.g. "mummy".
- g. Using any sound, you make a sound and your child copies it, then you make another sound and your child copies it and so on, getting faster.

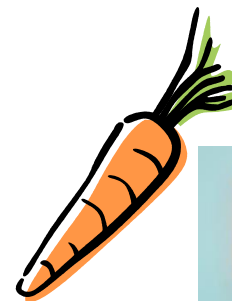


## 11. Foods

Foods to encourage the use of lip and tongue muscles:



- a. raw carrot;
- b. apple;
- c. sugar-free lollipop;
- d. ice lollies, encouraging him/her to lick as well as suck.



## 12. Pop tubes



Put a piece of scrunched-up tissue paper into the end of a tube (e.g., large straw) so that it blocks it. Do not push it in too far to begin with. Encourage your child to blow down the tube so that s/he pushes the paper out; it should make a little popping sound. The more tightly you wedge it, the harder your child will have to blow.

However, s/he will get a bigger reward of a louder 'pop'!

Once your child can 'pop' the tube by blowing, see if s/he can get it out by doing 'p' and other sounds.