

5 Ways to *instantly* improve oral function

1. Chew something crunchy

Chewing builds bone! Make sure to chew with your lips closed - this encourages nasal breathing and a mature chewing pattern. Plus, it's super fun!

2. Do tongue tip-ups

Lift tongue tip to just behind top front teeth. Do 3-5 reps/ 2x daily.

3. Drink through a straw

Practice drinking through a straw with just your lips touching, using your tongue to pull in the liquid.

4. Stick your tongue to roof of mouth

Lift the tip of your tongue up, then lift the rest of your tongue so it's relaxed and wide and gets gently stuck to the roof of your mouth. Do 3-5 reps/ 2x daily.

5. Take belly breaths

Respiration is the foundation of swallowing and speaking. When breathing, use your belly (not your shoulders) to fill your lungs up with air, then let it out.

This is not medical advice - for medical advice, please see your healthcare practitioner.



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