



FACE GAMES

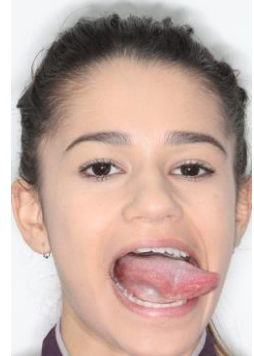
Child and Toddler exercises for strengthening tongue and facial muscles (Some preliminary myofunctional exercises/activities)

Over years of functioning every day with a restriction in the mouth, the tongue and the muscles of the face develop less tone and strength than they otherwise would have. The following exercises will help strengthen the tongue and facial muscles which will help your child grow accustomed to using the tongue and gain new scope of movement. It may also assist with speech issue.

These should be carried out at least twice a day (And more if you can manage it). By making the exercises into a game, there is a greater chance of compliance. Try using a sticker chart or some kind of reward system to assist with willingness and compliance. You can do these exercises as part of a fund game (*Mirror me, Simon says, take a photo to compare*).

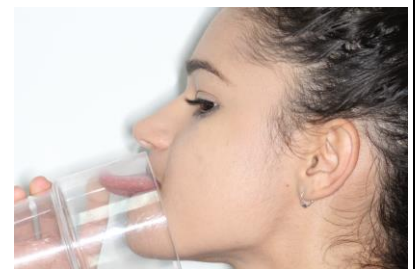
1. Lick the honey/chocolate from around the face.

Place a sticky edible substance around the face. Ask your child to lick off spots from around the mouth and out each spot a little further each day. Use a mirror is necessary.



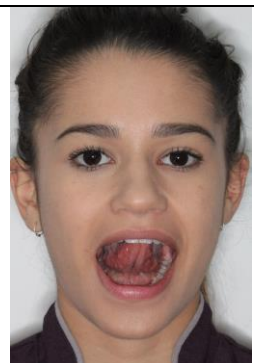
2. Lick the inside of a cup/jar

Spread honey or another edible thick paste a few centimeters down from the top edge of a cup or jar and get your child to lick it off. (Best using something as a treat or when hungry). Move the position of the substance a few millimeters down each day.



3. Melt a cereal

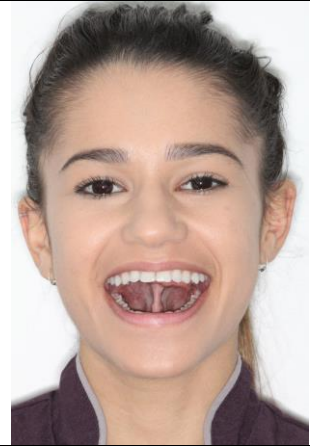
Hold a rice bubble or coco-pop or corn flake to the roof of your palate while your mouth is as wide as possible. Hold it there till it melts. ("count how long you can hold it there!") Repeat 3 times.





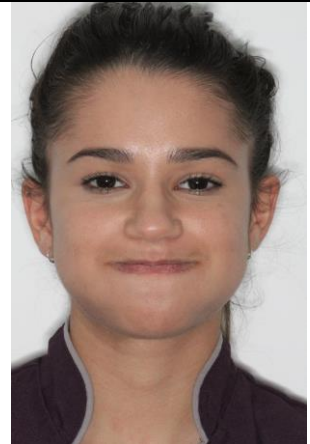
4. Form a suction seal against the plate

First hold your tongue in a suction seal against the palate, and then slowly open while holding a seal against the palate. Hold as long as possible (record the duration). Each day extend the time by 5 seconds till at least 60 seconds.



5. Blow Fish and Cheek expansion

Puff cheeks out and hold. Blow fish & move air puff cheeks and move the air to all areas of the mouth. Each hold should start with "as long as you can hold it". Record the duration. Each day extend it by 5 seconds till at least 60 seconds.



6. Granny Surprise Face

Purse your lips together while you raise your eyebrows and widen your eyes and hold in this position, starting at 10 seconds and working towards 60 seconds.



7. Poke tongue out (forward), up, down and to each side

Bring your tongue out as far as you can forward, upward, downward, and sideways starting at 10 seconds and working towards 60 seconds. (For younger children this is a good 'Simon Says' game). Child can use mirror to help them see the extent of their stretch.

