

IMPROVING ORO- MUSCLES

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ORO-MUSCLES

- ✘ Oro-muscles are important part of motor skills helping in building of social communicative and language skills.
- ✘ Autistic children have deficit in oro-muscles which lead to delay in language skills.


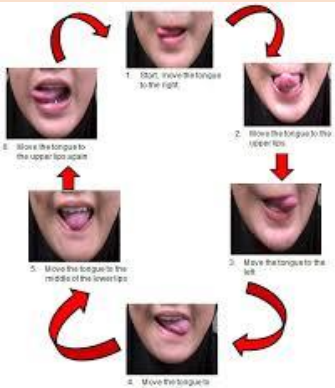
HOME BASED ACTIVITIES


- ✕ Massage
- ✕ Tongue movement exercise
- ✕ Chewing
- ✕ Blowing
- ✕ Sucking
- ✕ Cheek puffing
- ✕ Tapping

1



Name of the Activity	Massage
Time Required	5 mins
Resources Required	Lotion, petroleum jelly, vibrator brush
Instructions	<ul style="list-style-type: none"> <input type="checkbox"/> This activity will help in strengthening of oro-facial muscles. <input type="checkbox"/> Parent should apply some lotion or petroleum jelly on their palm. <input type="checkbox"/> Apply and rub the lotion gently on cheek's of the child. <input type="checkbox"/> Start massaging in circular motion on the cheeks. <input type="checkbox"/> Also massage in anti-clockwise.
Video link if any	




Name of the Activity	Tongue Movement exercise
Time Required	5 mins
Resources Required	Honey, chocolate
<p data-bbox="81 454 324 496">Instructions</p>  	<ul style="list-style-type: none"> ❑ This activity will help in strengthening of facial muscles, improve tongue movement, helps in fluency of certain word pronunciation. ❑ Parent should hold child and ask to open his/her mouth. ❑ Apply honey around the child lips and ask child to lick it with the help of tongue. ❑ Also you can apply put little of chocolate on the palate and ask child to take it down with the help of tongue. ❑ Such exercise will help in teaching child different tongue movements paving foundation for latter learning.
Video link if any	


Name of the Activity	Chewing
Time Required	5 mins
Resources Required	Chew bite
Instructions 	<ul style="list-style-type: none"> <input type="checkbox"/> This activity will help in strengthening of facial muscles, teach chewing of food items etc. <input type="checkbox"/> Place a chew tube in the mouth of the child. <input type="checkbox"/> Ask child to put pressure and chew it. <input type="checkbox"/> Slowly once he/she learns to chew. <input type="checkbox"/> Later add food items.
Video link if any	

4

Name of the Activity	Blowing
Time Required	5 mins
Resources Required	Candle, paper balls, thermacol balls , air bubbles.
Instructions <div data-bbox="384 792 724 1142">  </div> <div data-bbox="786 776 1058 1142">  </div>	<ul style="list-style-type: none"> <input type="checkbox"/> This activity will help child learn blowing technique. <input type="checkbox"/> Take one cup mix little of detergent soap and water. <input type="checkbox"/> Ask child to blow the bubbles. <input type="checkbox"/> It will be fun filled exercise.
Video link if any	

Name of the Activity	Sucking
Time Required	5 mins
Resources Required	Water bottle, frooti & straw
Instructions 	<ul style="list-style-type: none"> <input type="checkbox"/> This activity teaches child sucking. <input type="checkbox"/> Take one glass filled with half water. <input type="checkbox"/> Put straw inside the glass. <input type="checkbox"/> Ask child to suck water using straw glass. <input type="checkbox"/> You can use water bottle with straw & frooti etc to make child love the activity.
Video link if any	

6

Name of the Activity	Cheek Puffing
Time Required	5 mins
Resources Required	Cotton
Instructions 	<ul style="list-style-type: none"> <input type="checkbox"/> This activity will help in strengthening of cheeks. <input type="checkbox"/> Parent should teach child to fill the mouth with air and then hold it tightly. <input type="checkbox"/> Demonstrate and ask for the practice of it. <input type="checkbox"/> Children will enjoy the exercise.
Video link if any	

7

Name of the Activity	Tapping
Time Required	5 mins
Resources Required	Lotion or petroleum jelly
Instructions	<ul style="list-style-type: none"><input type="checkbox"/> This activity will make lip area firm and stronger.<input type="checkbox"/> Apply some lotion or vaseline near to child lip area.<input type="checkbox"/> Tap it with finger or press it gently.
Video link if any	

THANK YOU