
Appendix 2: Oro-motor equipment

Most of the activities and games used in therapy sessions involve a basic set of equipment used in a variety of ways limited only by the therapist's imagination. Look at the items suggested below and create an oro-motor box. Specific advice on what to do with the items and how to do it, is included in the Advice sheets for parents at the beginning of the first ringbinder and in Chapter 5: The therapy approach: Oro-motor exercises, in this manual.

Equipment for lip exercises

- Advice sheets for parents, in first ring binder
- Lip shape pictures and vowel articulogram shapes in first ring binder
- Mirror
- Straws of varying sizes
- Plastic tubing of varying size (available from good hardware shops)
- Lipstick for lip painting
- Pencil (to hold between upper lips and nose)
- A range of blowing toys with different shaped mouthpieces (whistles, pipes, recorders etc)
- Things to blow e.g. cake candles in safe holders, bubbles, cotton wool, tissue paper, ping pong balls/polystyrene balls, feathers etc
- Foodstuffs (see below)

Equipment for tongue exercises

- Advice sheets for parents, in first ring binder
- Mirror
- Torch
- Toothbrush
- Small plate/saucer
- Egg cup
- Tongue spatulas
- Small lolly sticks
- Spoons
- Gummed stickers/stars/envelopes
- Foodstuffs:

Sugary foods: 100s and 1000s, chocolate flakes, sherbet, icing sugar, chocolate spread, honey, jam, treacle, ice cream, ice lollies, mints, small sweets.

Sugar-free foods: marmite, ground almonds, grated apple, grated carrot, mashed banana, yoghurt, sugar-free sandwich paste, sugar-free lollies (e.g. Chuppa Chups).

NB Oral Health Note: *It is recommended that sugary foods are only used at mealtimes. At other times, sugar free foods should be used to avoid the risk of tooth decay. It is not recommended that teeth are cleaned immediately after eating sugary foods. Children's teeth should be brushed routinely for 2 minutes, morning and night, using a fluoride toothpaste. Children under 7 years should be supervised. (Our thanks to: Ms. M.M. Drainer, Oral Health Advisor, Wycombe NHS Primary Care Trust.)*