

SEND Toolkit

Physical and/or Sensory

Early Years

Oral Motor Strategies

In some cases, you will need to encourage child/children awareness of their mouth to increase their ability to feed, and in preparation for teeth brushing. Delays may be attributed to a developmental delay or medical condition.

To note: Children with certain developmental delays may 'mouth' longer and therefore you need to be responsive to this extended stage of development.

Strategies & techniques

- Encourage child to massage around face using a firm touch with fingers, flannel or other sensory items.
- Practice circular movements around the cheeks and work towards the lips.
- Massage around the lips.
- Squashing and squeezing cheeks and pouted lips.
- Pull funny faces in the mirror.
- Blowing up balloons.
- Blowing bubbles, whistles, windmills, feathers and mouth toys.
- Drinking from a sports bottle.
- Chew toys to increase tactile input in the oral area.
- Playing the harmonica