

# ACTIVITIES TO IMPROVE TO ORAL MOTOR SKILLS



**ORAL MOTOR EXERCISES SERVE TO STRENGTHEN MUSCLES AND / OR IMPROVE MUSCLE TONE. ORAL PRACTICE EXERCISES, IN ADDITION TO IMPROVING THE ARTICULATION OF VOWELS , ALSO REDUCE INCREASED SALIVATION) THEY SHOULD BE PRACTICED AND REPEATED AS OFTEN AS POSSIBLE AND INCLUDED IN THE DAILY ROUTINE OF CHILDREN. IT IS DESIRABLE TO DO THE EXERCISES IN FRONT OF A MIRROR, SO THAT THE CHILD HAS FEEDBACK AND SEES ONLY IF HE PERFORMS THEM WELL OR IF HE DOES NOT PERFORM THEM WELL, ONLY THE CHILD WILL NOTICE THE MISTAKE.**

**WE ADJUST OUR LIPS FOR A  
KISS,RELAX ,THEN FORM A KISS  
AGAIN AND SO ON SEVERAL  
TIMES.**



**THEN WE KISS FIRST THE LEFT  
AND THEN THE RIGHT  
CHEEK,SEVERAL TIME**

