

## FOR THE CORRECTION OF TOUNGE THRUST SWALLOWING

Directions you are to follow in swallowing correctly:

1. Close the teeth firmly in contact with one another.
2. Place the tip of the tongue against the roof of the mouth or palate, with the tip touching the bumps on the roof of the mouth which I call the spot position. This is the rest position of the tongue at all times.
3. With the tip of the tongue in the spot position, suck the rest of the tongue flat against the roof of the mouth, slide the tongue back and swallow vigorously.
4. SWALLOW again as in number 3.
5. Again, close teeth firmly, lips lightly with the tongue flat against the roof of the mouth, suck hard and swallow.

### REMEMBER

Use a mirror to watch for facial movements when practicing. Muscles around your mouth are completely relaxed and never move when swallowing. Never curl the tongue.

Practice on small bits of food and small swallows of liquid. Do not blow but suck when swallowing. Keep lips closed lightly, use a card or wax paper between lips as a reminder to keep lips closed. Repeat the above and follow exercises to learn to swallow correctly as many times a day as you can.

1. Place the tongue on the bumps on the roof of the mouth in the rest position and press many times each day. spot
2. Place the tip of the tongue on the palate in the rest position and remember to keep it there while studying, playing, watching television or while in school. Remember your tongue is in the rest position at all times except when you chew your food, talk or in the finishing of swallowing.

### NIGHT TIME SUGGESTIONS

3. Place the tip of the tongue on the palate at the spot position when you go to bed and try to keep it there until you fall asleep.
4. When you awaken in the morning again place the tip of the tongue on the palate in the rest position and try to keep it there.

Follow the above basic steps of swallowing when you eat breakfast, lunch, snacks and dinner. Always think of the four basic steps used in correct swallowing whenever you eat or drink. Save this information and keep it with you and study it until you know it by memory. You should practice the following words and sounds and they should help your tongue in position for the correct swallowing. If practiced properly a specified number of times daily it will help you to remember the proper tongue position.

The following words and sounds will help you place the tip of your tongue on the palate or spot position where it should be for the beginning of correct swallowing. Say them aloud and slowly and feel the tip of the tongue on the palate ridges or spot position. After each line of words swallow:

Tact, Tight, Tot, Taught Treat, Tote, Taint – Swallow

Light, Lit, Len't - Swallow

Straight, Strict, Strut, Start, Stunt – Swallow

Dee, Doe, Dart, Day, Dan, Dot, Dote – Swallow

Net, Nee, Nay, Newt, Note – Swallow

Say: My Country' tis of Thee, Sweet land of Liberty, of Thee I Sing “.

Practice with the lips and teeth open- say :

Cha, Cha, Cha, Cha - Swallow

Chin, Chin, Chin, Chin –Swallow

Close the back teeth firmly and say:

Choo, Choo, Choo, Choo – Swallow

Practice each sentence of words slowly and as many times as you can. Practice clicking as per instructions, and swallow.

The following sounds will place the middle and back of the tongue high against the roof and back of your mouth. Say them slowly and feel the back of the tongue against the roof and then swallow.

Practice the K's –

Kah, Kay, Key, Ko, Ku, - Repeat rapidly the K's as in K-K-K-K

Kate- Swallow

Nick, Kick, Cake, Kick, Nick, Coke, Kick, Cork, Kick, Cook, Kick-

Swallow

Ache, Ick, Ike, Oak - Swallow

Then practice the G's –

Ahg, Egg, Igg, Ogg, Ugh – Swallow

Hag, Heg, Hig, Hog, Hug - Swallow

Practice making the Ng sounds through the nose for a long time –

Ahng, Ing, Ung, Ong, Sung, sing, Hung, King, Ring, Sund- Swallow

Practice Yawning- Yawn, as many times a day as you can.

Practice gargling before you brush your teeth. These exercises will strengthen the muscles of the back of your throat and mouth and will place your tongue in the back of your throat improper position for correct swallowing.

If you should have any questions or concerns regarding this matter, please do not hesitate to contact me.

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