

More Ideas for You to Try:

Speech and Language Therapy Service

## Helping Your Child Improve Tongue Movements



Tongue movement is important for chewing, licking and swallowing, and also in making lots of sounds in speech.

Turn the TV, radio and DVD player off whilst you practise so you and your child can hear one another.

Here are some suggestions to help improve tongue control - ask your Speech and Language Therapist which would be most useful for your child.

These exercises are to raise your child's awareness of the position of their tongue, and how they can control it.

- Licking food off a plate. Good things to use are chocolate spread, jam, hundreds and thousands etc.
- Licking a lolly or an ice-cream



Licking food from around the lips:

If your child has problems pointing their tongue upwards, dab some food on their top lip, or at the side of their mouth to make the tongue move from side to side, or on their lower lip to help lower the tongue.

Look in a mirror together, get your child to stick out their tongue; then wiggle it a bit, in and out and side to side.

Get your child to 'switch on' their voice and wiggle the tongue, and see what sounds they make.

Next, get your child to hold their tongue between their teeth; then try 'switching on' their voice again.

Remember that these movements may be difficult for your child. Don't worry if they can't do them straight away; it should improve with practice.



As your child's tongue control improves, you can try practicing some speech sounds that need the tongue to move in different ways. Ask your Speech and Language Therapist which would be the most appropriate.