

Oral-Motor Exercises 1

Fun in the Mirror

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Learning to use our mouths to say a word is a complex motor skill. It is one of the only motor skills we learn without the help of vision. You can watch your fingers learning to string beads, and you can watch your feet learning to climb steps; however, to see your mouths forming words, you need a mirror. A little bit of "mirror work" every day will help a child learn about the lips, teeth, and tongue, and how they all work together to make sounds and words. Since a child brushes his/her teeth every day and the bathroom mirror is handy, make Follow the Leader a daily game. Parents remember, keep this short and fun. Do a few each day and save some for later!

- Let's look at those beautiful clean teeth. Say, "eeee."
- Can you make your teeth go bite-bite-bite?
- Make your mouth open very wide. Say, "ahhhhh."
- Close your lips very tight. Say, "mmmm."
- Make your lips a little circle. Say, "oooo."
- Stick your tongue out. Say, "blah."
- Make your tongue "dance" all around.
- Can your tongue go to the corner of your mouth? Now go to the other corner.
- Pretend you have ice cream on your lips. Lick top and bottom.
- Bounce your lips and say, "pop-pop-pop."
- Blow kisses in the mirror.
- Kiss the mirror and look at your lip prints.
- Blow raspberries.
- Make funny faces with lots of mouth movement.