

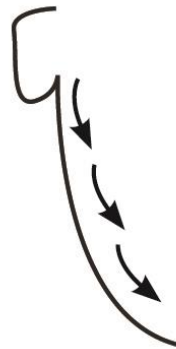
Merkel-Walsh & Overland

TOTs Tricks for tots

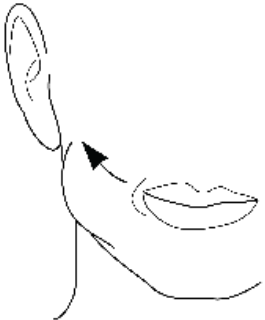
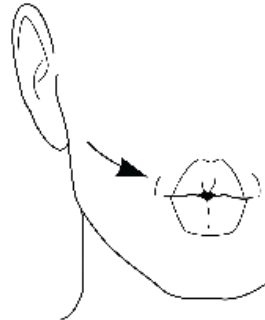
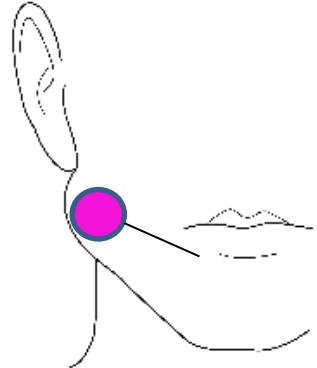


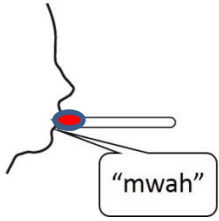
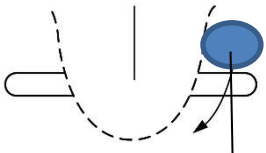
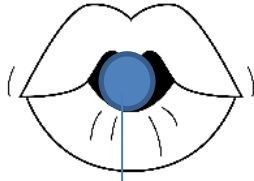
Lollipop Techniques: Use a small round/Dum Dum or Charms (which are smaller) lollipop. If the pop is too large, soak it in water until it becomes the desirable size.




Pop in
Cheek
(Cheek
Resistance)



Place lollipop inside the cheek approximately where the child would contract the cheeks for sucking (masseter muscle.) Stretch the cheek outward and slowly pull the tool to the corner of the lip as if you were taking a lollipop out of the mouth. You should see contraction through the cheek. Repeat 5x each side.

<p>Pop in Cheek Touches (passive)</p>	<p>1. </p> <p>2. </p>	<p>Take the lollipop and present it to the lateral border of the tongue where the first molar would insert. Elongate and facilitate tongue lateralization across midline. You can use a Bite Block to stabilize the jaw or a pointer probe as a tactile cue for tongue tip touches.</p>
<p>Pop in Cheek Touches (active)</p>		<p>Take the lollipop and place the textured circle inside the cheek facing the tongue. Retract the cheek outward and instruct client to touch the circle with their tongue tip. Repeat 3-5x each side (alternating).</p>

Pop Kisses		<p>Take the Sensi® with probe and place the textured circle inside the cheek facing the tongue. Retract the cheek outward and instruct client to touch the circle with their tongue tip. Repeat 3-5x each side (alternating).</p>
Tickle Stop Pop		<p>Place the bite block or tongue depressor parallel to the lower lip outside of the mouth. Instruct the client to stick out the tongue and put it "on the shelf". Present the lollipop along the lateral border of the tongue. Stroke from the location of the first molar to the tip. Tongue should retract and lateralize. Stroke 5x on the right then 5x on the left. Repeat another set.</p>
Pop Tug of War		<p>Have the client open the mouth and place the lollipop between the rounded lips. Instruct the client to hold the lollipop with their lips and say, "don't let me get it" while gently pulling. Hold for 5-10 seconds.</p>

<p>Tongue in Hole</p>		<p>Present a jaw closure tube that's been lined midway with a puree of choice/fluff/ nut butter/cake icing in between the lips. Model tongue protrusion into the hole to lick the edible. The size of the tube will be dependent on the size of the mouth, generally Jaw Closure tube 4 or 5 is ideal.</p>
<p>Hula Hoop</p>		<p>Present a jaw closure tube that's been filled on all sides with a puree of choice/fluff/ nut butter/cake icing in between the lips. Model tongue protrusion into the hole to lick the edible making circles with the tongue to get a good stretch. The size of the tube will be dependent on the size of the mouth; generally Jaw Closure tube 4 or 5 is ideal.</p>
<p>Whack a Mole</p>		<p>Start with the tongue on the shelf position.</p> <p>Take the lollipop and "whack" the tip of the tongue while modeling tongue retraction. Note that when the tongue is on the shelf it should be elongated (pointed) and when it retracts after the "whack" it should</p>

contract with spreading of the lateral borders.

Healthy Edible Alternative Techniques: These techniques are useful when a child is unaccepting of tools or needs motivation to engage in sessions.

Ice Straws



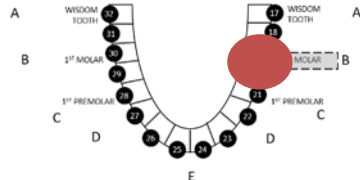
Cut a Bubba straw (or a smaller diameter for small mouths) in half. Fill the straw using a syringe with a favorite puree and freeze. See pre-feeding Chewing Hierarchy and use these as a replacement.

Yogurt Pops







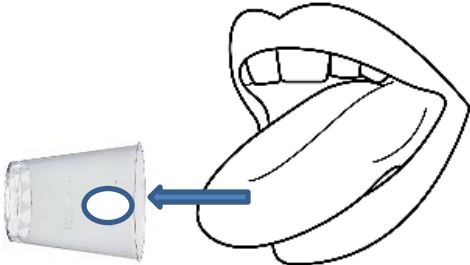
Fill a small, rounded ice cube tray halfway with yogurt or other puree. Place a lollipop stick in the middle and freeze. Push the frozen yogurt pop out and use as a healthy alternative to the lollipop.

Syringe Squirts



Fill a 1ml syringe with a puree of choice in the right buccal cavity on the outside of the 2nd molar or where it would insert. Release the puree into the buccal cavity and encourage the patient to lateralize the tongue to eat the

		<p>puree. Switch sides and repeat 2-3x.</p>
<p>Frozen Toothies</p>		<p>Trim the wings (see blue arrow) off the Toothie to make it smaller. Dip it in flavored water, flavorful no sugar added juice or puree and freeze. Use this as a replacement for a lollipop or tool for pre-feeding exercises.</p>
<p>Catch the Cat</p>		<p>Place a Cat tip on the Sensi®. Dip the ear of the Cat Tip in a puree and move the Cat outside the mouth encouraging the child to use their tongue tip to "catch" the cat ear. Move the ear from the lateral incisor to lateral incisor to cross the midline and encourage elongation of the lateral margins or the tongue as well as tongue tip pointing.</p>

<p>Tongue in the Hole</p>		<p>Using a Beckman Trichew or a P or Q Chewy, or a purple or green bite tube, have the client stick the tongue in the hole. It helps if both the therapist and child have a tool and play a peek a boo game together. Repeat 5-10x.</p>
<p>Bullseye</p>		<p>Line the shot glass or medicine cup with a sticky edible like marshmallow fluff. The smaller the cup, the easier it will be. Have the child protrude the tongue into the cup to retrieve the edible 5-10x.</p>