

SESSION EIGHT

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GARGLE AFTER BRUSHING 30 SECONDS 2X/DAY BREATHE 3X							
1 MEAL LIPS OPEN 2 MEALS NORMAL SWALLOW (NO MOVEMENT, LIPS CLOSED)							
EVERYTHING YOU DRINK 1) BITE 2) LIPS OPEN 3) SWALLOW							
GOAL POST OR HOLD-UPS (WORKING ON HEAD POSTURE) 30X 3X/DAY							
FAVORITE COLOR TONGUE CHECK (AWARENESS BUILDING) CHECK TONGUE OR LIPS WHEN YOU SEE FAVORITE COLOR							
MARSHMELLOW TWIST 3X 3X/DAY (5 WEIGHTS)							
BUTTON PULL 40X 3X/DAY							
REMINDER SPOT (LIPS CLOSED) 30 MINUTES 1X A DAY							