

SESSION FIVE

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
K SWALLOW 12 K SOUNDS – “K” “K” “K” USE STYROFOAM BITE BLOCK OR 2 KNUCKLES IN MOUTH. 6X 3X/DAY							
CRACKER SWALLOW CHEW 20X BOTH SIDES/LIPS CLOSED GATHER FOOD ON TONGUE, CREATE BOLUS, ADD RUBBER BAND TO SPOT 1)BITE 2) LIPS OPEN 3)SWALLOW 1X 3X/DAY (EAT WHOLE CRACKER)							
SIP LIQUIDS 1.BITE 2. LIPS OPEN 3. SWALLOW ALL LIQUIDS ALL DAY OR: WATER TRAP (USE MIRROR AND GRADE SELF)							
1 MEAL CORRECT SWALLOW TONGUE ON SPOT, BACK TEETH TOGETHER CHEW 20X (LIKE CRACKER SWALLOW) USE MIRROR							
3 RUBBER BAND HOLD 30 MINUTES 1X/DAY							
TIME CHART *TONGUE UP X TONGUE DOWN OR MOUTH OPEN							
MARSHMELLOW TWIST (5 WEIGHTS) 3X 3X/DAY							
BUTTON PULL 40X 3X/DAY							