

SESSION FOUR

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>K SWALLOW 12 k sounds – “K” “K” “K” use Styrofoam bite block or 2 knuckles in mouth. 6x 3x/day</p>							
<p>ARK UNK K and G sounds (velar sounds). 10x 3x/day</p>							
<p>3 RUBBER BAND HOLD (triangle) Tongue Rest Position on Palate Lips closed 30 minutes 1x/day</p>							
<p>CAVES With a Hold and Pull (tongue suction) for 10 count. 5x 3x/day</p>							
<p>2 ELASTIC SWALLOW Two bands about 1 inch apart on your tongue. Tongue on the spot. Bite down open lips and swallow. 12x 3x/day</p>							
<p>TUBE CHEW CHEW ON A TUBE, START 30 SECONDS GRADUALLY INCREASING TO 2 MINUTES PER SESSION. FOCUS ON EVEN, CONTROLLED CHEWING. 2 MINUTES 3X/DAY</p>							
<p>MARSHMELLOW TWIST ADD WEIGHT (4 WEIGHTS) 3X 3X/DAY</p>							
<p>BUTTON PULL SIDE, FRONT, SIDE 5/40/5X 3X/DAY</p>							