

SESSION SIX

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
ALL MEALS CORRECT SWALLOW TONGUE ON SPOT, BACK TEETH TOGETHER CHEW 20X (LIKE CRACKER SWALLOW) USE MIRROR (NO RUBBER BAND)							
EVERYTHING YOU DRINK TONGUE ON SPOT, BITE ON BACK TEETH, LIPS OPEN							
ORAL SCREEN TONGUE UP REST POSITION LIPS CLOSED RUBBER BAND ON SPOT 30 MINUTES 1X/DAY							
TIME CHART *TONGUE UP X TONGUE DOWN OR MOUTH OPEN							
MARSHMELLOW TWIST ADD WEIGHT (5 WEIGHTS) 3X 3X/DAY							
YAWN & SWALLOW 10X 3X/DAY (OPTIONAL EXERCISE)							
BUTTON PULL 40X 3X/DAY							