

Encouraging an Oral Airstream

These activities will help your child to become more aware of their oral airstream and the sounds that they can make using this airflow. The aim of these games is to help your child make air come out of their mouth rather than the nose. Remember to encourage a soft, steady 'blow'. The activities should be fun and relaxed!

- Blowing bubbles – talk about the air coming out of your mouth. Catch a bubble on the wand and hold it in front of your mouth. Encourage your child to watch your mouth whilst you blow across it to make it wobble. You can wobble the bubble whilst making sounds e.g. 'fff'.
- Blowing on hot food to cool it down is something that you can try at mealtimes.
- Model a long soft 'hhhh' sound and hold a small mirror close to your mouth. See if your child can mist up the mirror with their breath. Link the 'hhh' sound to a dog panting and find lots of pictures of dogs with their tongues hanging out. Say the 'hhh' sound every time your child sees one.
- During bath time try blowing the bubble bath foam off your hand or your arm. Hold it up in the air and try to blow it into the water. Encourage siblings to play the game as well.
- Straws can be fun but remember your child will need to hold the straw gently between their lips, not bite it! Keep straws short at first until the child is able to direct the air. Games include blow football and blowing tissue paper.
- Feathers come in all shapes and sizes and are light to blow. Try blowing on the tummy of a feather animal or bird to 'tickle' his tummy. Hold different feathers up and blow them as they fall.
- Once your child is confident blowing orally and talks about the air coming out of their mouth, model the 's' or 'sh' sounds before blowing a bubble. e.g. sssss blow ssss.

Keep all the activities together in a box and try to play something each day. If you have any questions or would like any further support please contact me on ...



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