

Speech and Language Therapy Talk Tools guideline sheet

Bite Blocks:

If the jaw is not strong in a range of positions, required for speech production and feeding, then Jennifer will not be able to make isolated movements with her tongue (including lateralisation – moving the tongue side to side and elevation – moving the tongue up and down).

There are 7 bite blocks which Jennifer will need to achieve to ensure good jaw grading. The success criteria at each stage is to be able to hold the bite block on the left and then the right molars for 15 seconds against resistance, then also across the front of the jaw behind the incisors for 15 seconds against resistance. If Jennifer displays a difference in strength between the right and left side of her jaw, you would carry out the weaker side twice to every 15 counts on the stronger side.

Outcome:

- This is the fundamental skill to all speech and feeding movements
- This activity needs to be worked on to ensure success in other activities

Horn Hierarchy:

The Horn Blowing hierarchy develops tongue positioning, lip closure and phonation / breath support needed for different speech sounds and when producing words in connected speech. Jennifer is required to accurately blow each horn for a set length of time and produce 25 repetitions in succession, without using her teeth to stabilise.

Outcome:

The horn's have a variety of shapes so some will help her with lip rounding e.g oo, lip spreading e.g ee, i, mouth open speech sounds e.g ah, lip closing speech sounds e.g m, p and so fourth.

It also helps with lip positions and tongue positions for eating, such as retracting the tongue to trigger a swallow. Ensuring drink doesn't escape out of the mouth etc.

Tongue Depressor between lips:

The Tongue depressor hierarchy works through different stages of weights with pennies added for weights to build the muscles in the lips and to develop effective lip closure. The hierarchy begins with no pennies and moves through stages building to 4 pennies on each side. Jennifer is required to hold the lip depressor between her lips for 25 seconds to move onto the next stage.

Outcome:

This will support her ability to produce bilabial sounds such as /b/ /p/ and /m/ which are sounds which require his lips to come together and build her articulation muscles to prevent fatigue.

It will also support lip closure in eating and drinking.

Duration Tubes:

Jennifer is required to blow down a light and a heavy ball down a tube which can be increased in length. There are three tubes in total which are combined together to support increased and sustained breath control by blowing the balls through the tubes using one sustained air flow.

Outcome:

Using the duration tubes will help to build her control and awareness of sustaining her air flow to support her expressive language during his conversational speech.

Honey bear straw drinking:

By using the honey bear to straw drink, ensures that the mouth is closed when drinking, i.e the lips are sealed around the straw and the tongue is retracted to trigger a swallow.

Without good jaw grading, Jennifer may use her teeth to stabilise the straw.

Outcome:

Good straw drinking will not only facilitate tidier eating and drinking, but will also promote the sounds, s,t,d,z where the tongue needs to be retracted.

Z vibe work:

Working with the z vibe will help to reduce oral sensitivity and prepare the muscles before eating and drinking.

The z vibe tells the muscles to get ready to work.

Outcome:

Gradually you should be able to reduce the z vibes use before meal times.

Signed: *Sarah Davis*

Date: January 30th 2012

Sarah Davis
Specialist Speech and Language Therapist

This report has been digitally signed and protected, please do not hesitate to contact me for a signed copy.

This summary has not been produced for the purpose of medico legal work.