



Oral Programme

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| <p>Stage 1</p> <p><i>Introduce proprioceptive input and find likes/dislikes. Start at the hands for massage and work upwards to jaw/head</i></p> | <p>Activities:</p> <p>Massage</p> <p>Joint compressions</p> <p>Weighted items/vibration</p> |
| <p>Stage 2</p> <p><i>Create a set plan of actions to begin each session using proprioception in a predictable and low anxiety way. E.g. hand massage then joint compression, weighted neck scarf and cheek pressure</i></p> | <p>As above but in sequence</p> <p>Complete daily up to 4 times to become routine</p> |
| <p>Stage 3</p> <p><i>Introducing facial activities</i></p> | <p>Complete stage 2 each time</p> <p>Copying facial expressions in mirror</p> <p>Making different noises</p> <p>Tongue movements</p> |
| <p>Stage 4</p> <p><i>Introducing different objects aimed for blowing</i></p> | <p>Complete stage 2 and 3</p> <ul style="list-style-type: none">• Bubbles• Party blowers• Straws• Etc.. |
| <p>Stage 5</p> <p><i>Introducing sucking</i></p> | <p>Complete stage 2, 3, 4</p> <ul style="list-style-type: none">• Sucking pom poms on a straw• Sucking on empty bottles |

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| <p>Stage 5</p> <p><i>Introducing the inside of the mouth</i></p> | <p>Complete all stages</p> <p>Model facial expressions in the mirror using fingers to pull mouth apart etc. Allow children to use their own fingers</p> |
| <p>Stage 6</p> <p><i>Food diary</i></p> | <p>Complete all stages</p> <p>Complete a food map with the child showing their safe foods – discuss the colour, texture and taste with them</p> |
| <p>Stage 7</p> <p><i>Introduce food</i></p> | <p>Complete all stages – identify food of similar colour and texture</p> <p>Look at new food together this could be via pictures (do not ask them to touch or taste without them doing it themselves)</p> |
| <p>Stage 8</p> <p><i>Introducing food of same texture</i></p> | <p>Keep doing stages 1-5 during the day but leave the identified new food in the environment with no pressure on the child either way</p> |