



Oral Motor Strengthening Activities

Blowing Bubbles

Bubbles can be a fun way to use proper air control and lip formation to produce the bubbles with sustaining the muscle control. Start with forming one bubble and work up to how many can you make before the wand has no more fluid. If your kiddo has a hard time with the feel of the liquid, take your bubbles to the bath tub where it can be washed off immediately.



Pom pom or Feather Races With a Straw

Using a straw, blow a pom pom or cotton ball across the table. Can they keep a feather up in the air by blowing through the straw? This helps with strengthening all the muscles around the mouth as well as the lips.



Drinking Through a Straw

Using a straw to drink fluids assist with strengthening both the lips and the muscles around the mouth. The more fun the straw, the more fun it makes for drinking!

