THERAPY GOALS: Teaching people to chew, breathe, and swallow correctly

1. Achieve lip closure day and night
2. Achieve nasal breathing
3. Improve lip tone & strength
4. Improve tongue tone and function
5. Establish a palatal-contained rest tongue posture from "the spot" across the entire palate
6. Establish a posterior-palatal-contained swallow
7. Establish correct eating and drinking techniques
8. Establish good sleeping techniques, lips closed, nasal breathing, tongue in the palate
9. Correct poor habit patterns:
   A. Thumb-finger-tongue sucking
   B. Biting/Sucking Habits-Lip-cheek-tongue-hair-finger nails-pen-clothing-strings-jewelry
   C. Facial/Smile Mannerisms
   D. Shoulder Phone Holding
   E. Poor body posture when eating, watching T.V., playing video games, working on the computer, during school, carrying back packs

GOALS OF WEEKLY EXERCISES:

WEEK 1:

1. Understand what muscles you will be working with to achieve your goals (The colored face/mouth pictures)
2. "Baseball Field" comparison to show the exact position of the tongue in the top of the mouth at rest (The Mouth drawing)
3. Identify where "The Spot" is on the palate for the proper tip of the tongue position (The Spot/Waggles Spot/Tongue-Up Stretch/Slurp & Swallow/Reminder)
4. Toning exercises for the tongue (Tongue Trace/Tongue-Up Stretch)
5. Begin the training of a new swallowing pattern (Slurp & Swallow)
6. Stimulate the soft palate and uvula upward movement (Straw & Paper)
7. Begin toning of the lips (Tube Roll/Straw & Paper/Reminder)
8. Establish the lips closed and tongue in the palate at rest with "The Reminder" exercise

Week 2:

1. Continue toning of the tongue (Tongue Points & Tongue Trace/Pencil Pull/Tongue-Up Stretch)
2. Begin training the middle of the tongue (Tongue-Up Stretch & Swallow/Reminder with 2 elastics)
3. Begin training the muscle support team of masseter, temporalis, and pterygoid muscles (The Tube Bounce)
4. Continue stimulating the soft palate & uvula upward movement (Straw & Paper/Hover Ball/Cork Pull/Party Blower)
5. Begin air movement through the nose and use of the diaphragm for breathing (Balloon Special Diaphragmatic Breathing)
6. Continue lips closed & tongue in the palate at rest (Reminder with 2 elastics)

Week 3:

1. Continue toning of the tongue (Tongue Pops/UNK sounds/Pencil Pull/1-2-3 Swallow)
2. Begin Back of the Tongue training (Tongue Pops/Stick Squirt Swallow/UNK sounds)
3. Begin saliva gathering skills-anterior (Stick Squirt Swallow)
4. Develop a swallow closer in timing to a normal swallow (1-2-3 Swallow)
5. Continue stimulating the soft palate & uvula upward movement (Straw & Paper/Cork Pull/Hover Ball/Party Blower----could also use blowing a Ping Pong Ball, blowing up a balloon, blowing out a candle, bubble blowing)
6. Continue establish nasal breathing and diaphragm use (Balloon Special Breathing)
7. Continue lips closed & tongue in the palate at rest (Reminder)

Week 4:

1. Continue toning of the tongue (Tongue Pops & Swallow, K Sounds & Swallow, Pencil Pull, 1-2-3 Swallow)
2. Continue back of the tongue training (K Sounds & Swallow, Tongue Pops & Swallow)
3. Continue developing the support muscle team (Tube Bounce, Wafer Squeeze)
4. Begin lip strength training (Tugs, Jug Lift)
5. Continue the swallow training (1-2-3 Swallow, Tongue Pops and Swallow)
6. Continue stimulating the soft palate & Uvula (Soft Palate Uvula Pull)
7. Continue establishing nasal/diaphragmatic breathing (Balloon Special Breathing)
8. Continue lips closed & tongue in the palate at rest training (Reminder)

Week 5:

1. Continue toning of the tongue (Tongue Blade Push, Tongue Pops/Open & Close/Swallow, K Sounds & Swallow)
2. Continue back of the tongue training (K-Sounds & Swallow, Tongue Pops/Open & Close/Swallow, Tongue Blade Push)
3. Begin posterior saliva gathering skills (Giddy Ups)
4. Continue developing support team muscles (Tube Bounce, Wafer Squeeze)
5. Continue lip strength training (Tugs, Jug Lift)
6. Continue breathing and lips closed/nasal breathing (Reminder, Diaphragmatic Breathing)

Week 6:

1. Continue toning of the tongue (Tongue Pops, Caw Sounds & Swallows, Tongue Blade Push, Normal Swallows)
2. Continue back of the tongue training (Caw Sounds & 2 Swallows, Tongue Pops & Swallow, Tongue Blade Push)
3. Continue saliva gathering skills (Giddy ups)
4. Begin the training of a Normal Swallow (Normal Swallow with drawings)
5. Continue lip toning exercises (Pumping, Upper Lip Stretch) *Tugs, jug lift, and tube roll also tone the lips, but the tugs and jug lift is primarily for lip strength
6. Continue support team muscle development (Tube bounce, Wafer Squeeze)
7. Continue Breathing and Reminder

Week 7:

1. Continue toning of the tongue (Caw Sounds & Swallow, Pencil Pull, Tongue Blade Push, Normal Swallows, Word Sounds)
2. Continue back of the tongue training (Caw sounds & Swallows)
3. Introduce the eating of food correctly (Cracker Exercise)
4. Continue saliva gathering skills (Side Squirts-Giddy Ups no sounds)
5. Continue lip toning exercises (Pumping, U.Lip Stretch, Lip Massage)
6. Introduce Word Sounds
7. Introduce correct sleeping skills (The Night Routine)
8. Continue support team muscle development (Tube Bounce, Wafer Squeeze)
9. Continue Breathing and Reminder

Week 8:

1. Continue training of the back of the tongue (The Three Back Swallows)
2. Continue lip toning exercises (Pumping, U.Lip Stretch, Lip Massage, Lip smacks & Press)
3. Continue correct eating of food (Cracker, Dinner)
4. Introduce correct drinking skills (Sip Swallows)
5. Continue word sound development (Word Sounds)
6. Continue tongue tone development (Gum Push)
7. Continue support team muscle development (Wafer Squeeze, Tube Bounce)
8. Continue development of the Normal Swallow
9. Continue the Night Routine
10. Continue Breathing and Reminder

Week 9:

1. Neuromuscular facilitation exercises (Brushing, Tapping)
2. Development of the swallow (Normal Swallows, Brushing, Tapping)
3. Drinking development (Liquid Swallows)
4. Continue eating skill development (Monitor the eating of a sandwich, 2 meals)
5. Continue tongue toning (Gum Push)
6. Continue support team muscle development (Wafer squeeze, Tube Bounce)
7. Continue lip toning (Paper Plate Hold, Cork Pull)
8. Continue Word Sound development
9. Continue the Night Routine
10. Continue Breathing and Reminder

Week 10:

1. Confirm development of saliva, food, liquid gathering skills (Water Trap)
2. Continue back of the tongue development (Unk, Caw, Ark Sounds, The Snake, Tongue Gymnastics)
3. Continue swallow development (Water Trap, Unk, Caw, Ark & Swallow, food, liquids, The Night Routine)
4. Continue food skills (All Food correctly-Monitor with the eating of a T.V. Dinner)
5. Continue consuming liquids correctly (All Liquids)
6. Continue Word Sound development
7. Begin correcting all remaining poor habit patterns (The Habit Chart-return to original diagnostic sheet and determine what still remains as a concern...nail biting, any biting, sucking, licking, chewing habits, facial mannerisms, etc.)
8. Continue Breathing and Reminder

Week 11:

1. Continue word sound development (Sentences)
2. Continue Habit Chart monitoring
3. Add the Food & Liquid Chart to monitor eating/drinking skills
4. Continue developing a correct swallow and tongue toning (Water Trap, Caw Sounds & Swallow, Normal Swallow, The Three Back Swallows, The Snake, Gum Push, Tongue Gymnastics)
5. Continue lip toning development (Pumping, U.Lip Stretch, Paper Plate Hold, Lip Smacks & Lip Press)
6. Continue Breathing and Reminder
7. Continue The Night Routine
8. Continue The Food & Liquid Chart if needed

Week 12:

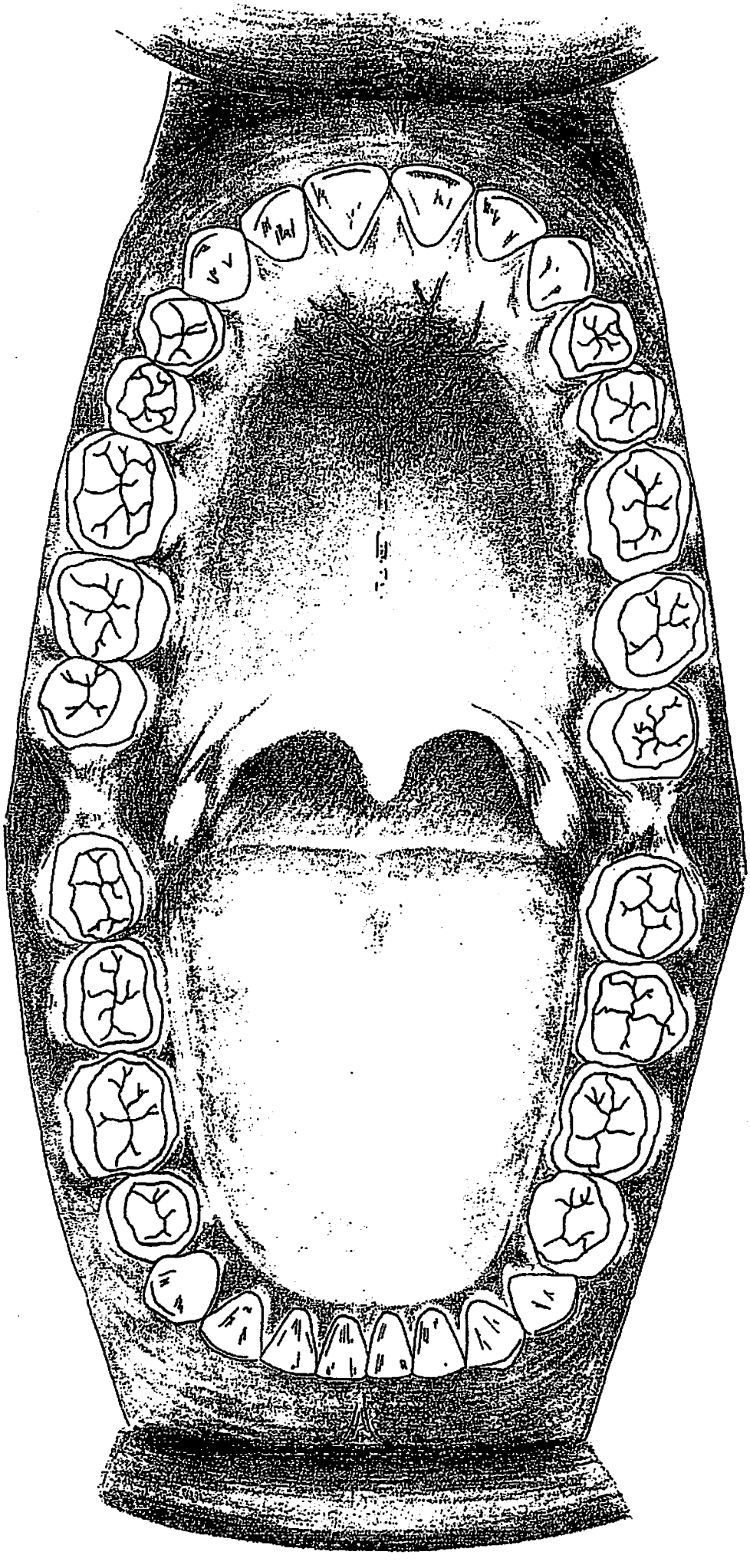
1. Do a Reevaluation and determine status of progress/Retake photographs
2. Introduce The Goal Chart...repeat goals out loud daily...grade progress at day's end... also have a parent, friend, partner grade patient
3. Continue Word Sound development (Stories)
4. Develop habituation skills (Poster, Survey, Reminder, Breathing, Exercises)

You may or may not be where the above routine states you should be. This will be dependent on the patient's:

1. Ability to perform the exercises as required
2. Patient having practiced the exercises 2-3 times each day
3. Patient not having missed visits
4. Attitude of the patient/parent
5. Age/maturity of the patient
6. Emotional stress in their lives at the time/scheduling conflicts
7. Complicating factors....neuromuscular issues, syndromes, airway issues, medications, senior citizen, etc.

From this point on, the patient will be doing the:
Rotation Schedule A & B
Or
A program designed for your present needs

Therapy visits may move to once every two weeks or once a month for another 6-8 months to be sure that the new habits are established as routine and used 24/7



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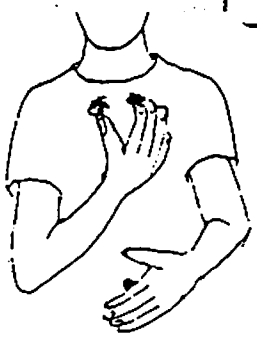
BODY BALANCING EXERCISES
NO SUGAR FOR 1 HR PRIOR TO EXERCISES/DRINK WATER FIRST



#1: BODY BALANCERS (BRAIN BUTTONS)

- Standing or sitting, head up straight
- Place your thumb and index finger 4" apart on your chest, just under the collar bones
- Place your other hand over the belly button
- Massage back and forth with your thumb and index finger for a 10 count
- Switch position of the hand and fingers
- Repeat massage for a 10 count

ELEPHANT EARS

- With your head on your Left Arm, point the fingers and trace a pattern of a big set of elephant ears....always trace UP and to the left first, then down, UP to the Right, then down, completing to where you began.
- With your head on your Right Arm, point the fingers and repeat the elephant ear trace
- Be sure to do slowly 1x each

#2: CROSS CRAWLS

DO SLOWLY with a PAUSE between

- *Standing straight, head up straight*
- As you bring your left knee up and across the body, bring your right arm forward and across the body...hit your arm on the knee....forming an X Pause
- As you bring your right knee up and across the body, bring your left arm forward and across the body...hit your arm on the knee...forming an X
- Repeat 3x slowly

#3: SIDE KICKS

Do SLOWLY with a PAUSE between

- Standing straight, head up straight
- Kick your left leg forward and across the body as you swing your right arm forward and across the body...forming an X
- Kick your right leg forward and across the body as you swing your left arm forward and across the body...forming an X
- Repeat 3 X slowly

DIAMOND GAIT WALK

- A walking exercise, preferably on grass or *dirt*
- Body straight, head up straight, eyes looking up
- On the first step, breathe in through the nose and push your tongue against the top of the mouth.
- On the 2nd, 3rd, and 4th steps, breathe out through your mouth while saying the words "Ha, Ha, Ha"
- Walk continuously in a large circle
- Make sure that your breathing and words MATCH the gait of your feet
- Make sure that your arm and legs are ALWAYS moving as opposites...right arm forward with left leg forward....left arm forward with right leg forward
- If the left or right leg and left or right arm are moving together, stop and begin again making sure you have opposite leg and arm motion
- Do exercise for 5 minutes

#4: BODY BALANCER SQUATS

- Hold the lobe of the right ear with the index finger and thumb
- Hold the lobe of the left ear with the index finger and thumb (arms will now be crossed *over the front of the body, but always do the* right ear first)
- Inhale as you do a SQUAT
- Exhale as you bring your body up
- Repeat for 5 minutes
- More than once a day is helpful

Mini Trampoline Exercise

- Jog on a mini trampoline
- Swing the arms opposite of the leg motion
- Bounce on the trampoline, jumping up and *down with both feet at the same time*
- Sprint on the trampoline, bringing the knees high as you spring.

Name: Today's Date Next Visit: Time:

Week # 1 **Sheet # 1**

Exercises Drink First	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Place Sticky Spot on "The Spot" Identify the SPOT with the tip of the tongue Tip to spot 4x																					
Waggles Spot 10X																					
Tongue Trace 5x Slowly																					
Tongue Up Stretch-1 Elastic to spot 10Ct. hold-Repeat 3x																					
Slurp & Swallow 6x Lips Back																					
Straw & Paper-10Ct. 3x																					
Tube Roll-10X 3 Count hold on upper 3 Count hold on lower																					
Reminder-5 Minutes 1 Elastic on spot Lips Closed Sit up straight/Head up straight																					

DRINK FIRST
SIT UP STRAIGHT HEAD UP STRAIGHT

<table>
<tr><td>Week 1</td><td></td></tr>
<tr><td>Step 1: Cut a small square of sticky spot. Remove the paper from one side. Dry off the ridge of tissue behind the upper front teeth. Establish "The Spot" location 1/4 " behind the base of the upper front teeth. Push the spot into place. Check the location with your kit mirror (in the white envelope)
• <u>Find "The Spot"</u> Place the tip of the tongue on the spot 4 X with the mouth stretched open</td><td><u>WAGGLES SPOT</u>:
Step 1: Waggle the tongue side-to-side rapidly for 3 seconds. Do not move the jaw.
Step 2: Quickly and accurately, find "The Spot" with the tip of the tongue
• Repeat 10 X
• If someone is working with you, have him or her say "Spot" instead of counting and quickly find the spot with the tip of the tongue when they say "Spot".</td></tr>
<tr><td><u>TONGUE TRACE</u>:
Step 1: Place the tip of the tongue on "the spot" with the mouth open 1"
Step 2: Trace the tip of the tongue from "the spot" back across the top of the mouth all the way to the Uvula-slow 5Ct.
Step 3: Trace the tip of the tongue from the Uvula back across the top of the mouth to "the spot"-slow 5Ct.
• Repeat 3 times SLOWLY
**If the tongue pulls to one side, "TAP" with a chopstick down the opposite side of the tongue before you begin the trace</td><td><u>TONGUE-UP STRETCH</u>:
Step 1: Place the Tip of the Tongue on "The Spot".
Step 2: Stretch open, hold a tight upside down "V" formation of the tongue for a 10 Count
• Repeat 3X
<u>OR</u>
Step 1: Place 1 Elastic ½ on & ½ off the tip of the tongue. (or a cheerio)
Step 2: Place the Elastic and tip of tongue on "the spot".
Step 3: Stretch open 1"-2" and hold for a 10-Count
• Repeat 3 X</td></tr>
<tr><td><u>STRAW & PAPER</u>:
Step 1: Place the straw between the lips
Step 2: Create a suction and pick up a 2" square piece of paper for a 10 Count Hold
• Do 3X</td><td><u>SLURP & SWALLOW</u>:
Step 1: Place 1 Elastic ½ on & ½ off the tip of the tongue
Step 2: Place tip of tongue on "the spot"
Step 3: Bite together/Lips pulled back
Step 4: Squirt a stream of water into the side of the mouth.
Step5: Slurp and Swallow
• Do 6 swallows (alternate sides)</td></tr>
<tr><td><u>REMINDER</u> 5 MIN.
Tip on Sticky Spot or using 1 elastic on the tip of the tongue & elastic on the spot /lips closed/teeth apart when not swallowing/sit up straight/head up straight</td><td><u>Tube Roll: 10X-3 Count Hold</u>
Place long piece of tubing inside the upper lip-Close lips-Roll tubing into the lower lip-Roll tubing into upper lip</td></tr>
</table>

Name: Today's Date Next Visit: Time:

Week # 2 **Sheet # 2**

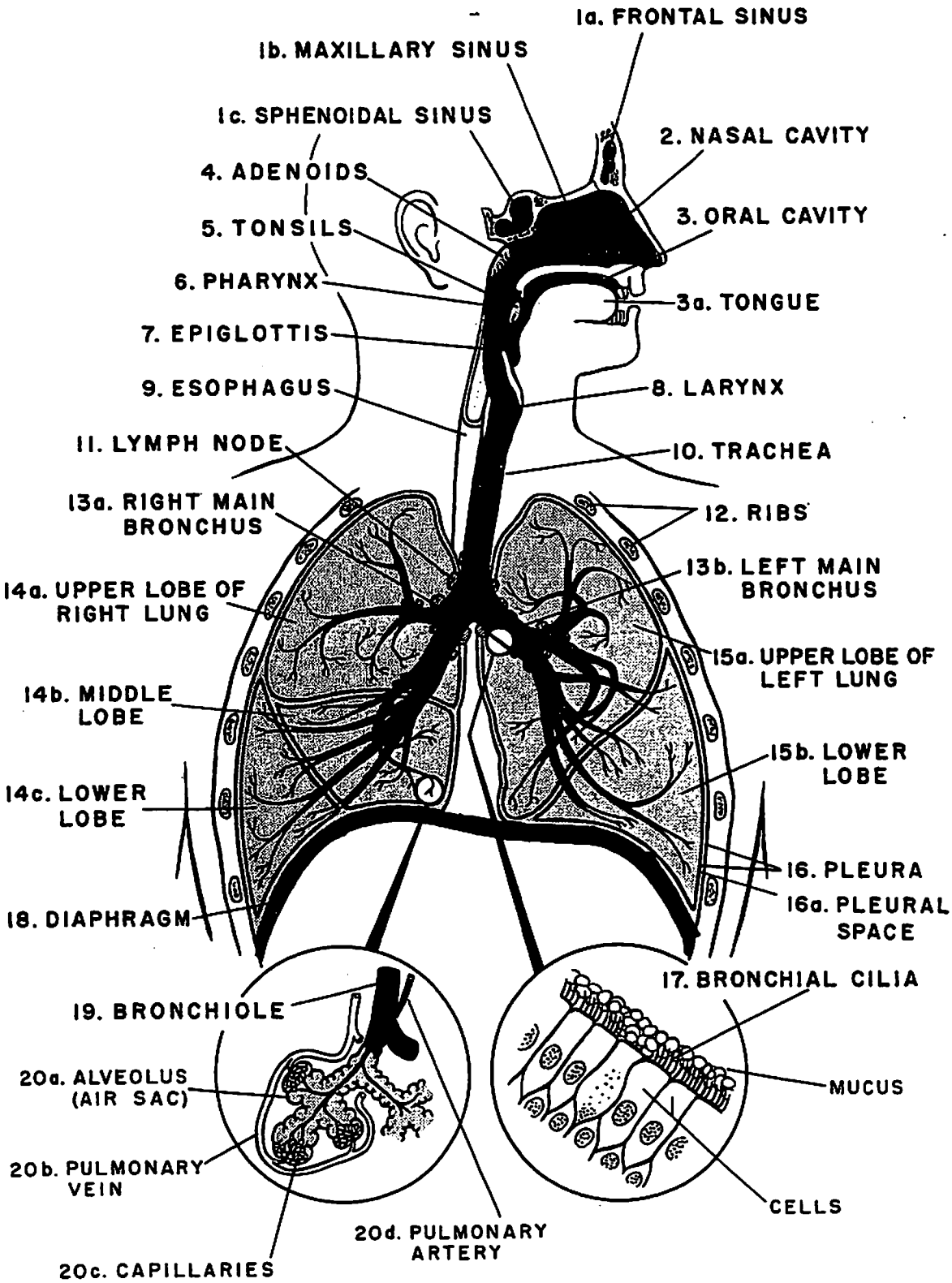
Exercises **Drink First**	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Tongue Points-3 Ct. & Tongue Trace-3x																					
Pencil Pull-3x **3x under-10 Count Pull** **3x over-10 Count Pull**																					
Tongue Up Stretch & Slurp &Swallow **2 elastics-10 Count-3x**																					
Tube Bounce-1 minute **Tube Roll-10X**																					
Straw & Paper-3X-10 Count **Hover Ball Blow-3-5X** **Ping Pong Ball Blow-6-10X**																					
Cork Pull-10X **Party Blower-3X-10 Count Hold**																					
Balloon Special Diaphragmatic Breathing **Fill 3ct., Empty 3ct., Rest 3 ct./3 minutes**																					
Reminder-2 elastics-10 Minutes **Lips Closed-Good posture**																					

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

Week 2	
TONGUE POINT & TONGUE TRACE Lips pulled back ***Step 1.*** **Point the tongue *forward* into a narrow "V" formation-Hold 3 Ct.** ***Step 2.*** **Point to the *Left*-Hold 3 Count** ***Step 3.*** **Point to the *Right*-Hold 3 Count** ***Step 4.*** **Point to *"the spot"*-Hold 3 Count** ***Step 5. Trace*** **the tip of the tongue back to the Uvula and then back to "the spot"** • **Do 3 X** • **TAP down tongue center with chopstick if there is a poor point-then point to tip of stick**	***PENCIL PULL*** ***Step 1.*** **Bite crosswise on the pencil Continue biting throughout the exercise. Do not bite hard.** ***Step 2.*** **Curl the tongue tip *under the pencil*, bring tip up to contact the pencil, pull the tip of the tongue against the pencil for a 10 CT** ***Step 3.*** **Curl the tongue tip *over the pencil*, pull tip against the pencil for a 10 Count** • **Do each direction 3 X**
TONGUE UP STRETCH & SWALLOW ***Step 1.*** **Place 1 Elastic ½ on & ½ off the tip of the tongue and place 2nd Elastic 1" behind the first elastic on the middle of the tongue.** ***Step 2.*** **Place the tip on "the spot" and the middle of the tongue against the top of the mouth. FEEL both elastics touching.** ***Step 3.*** **Stretch open keeping elastics in contact, keeping a "V" tongue formation for a 10Ct.** ***Step 4.*** **Bite, lips pulled back in a grin** ***Step 5.*** **Slurp and Swallow** • **Do 4 X**	***TUBE BOUNCE*** ***Step 1.*** **Place Tubing between the back teeth lengthwise/tip of tongue on the spot** ***Step 2.*** **Pull lips back in a grin** ***Step 3.*** **Bounce & Squeeze on the tubing, keep the jaws lined up in the front, keep the lower jaw back-compress tubing and release** ***Step 4.*** **Feel over the ears to be sure the posterior temporalis muscles are working** • **Do for 1 minute-Do not do fast (stop as necessary for 10 seconds if muscles fatigue)**
STRAW AND PAPER: ***Step 1:*** **Place the straw between the lips** ***Step 2:*** **Create a suction and pick up a 2" square piece of paper for a 10 Count** • **Repeat 3X**	***PING PONG BALL BLOW: 10x*** **Place the ping pong ball on a table/counter top-place lips in front of the ball-blow as hard as you can/as far as you can.**
PARTY BLOWER: ***Step 1.*** **Place party blower between the lips** ***Step 2.*** **Blow it out completely and hold for a 10 count.** • **Do 3X**	***CORK PULL:*** ***Step 1.*** **Place ½ of the Cork between the lips & teeth, holding ½ of the cork with the fingers** ***Step 2.*** **Form a suction around the Cork** ***Step 3.*** **Pull the Cork from the lips** • **Do 10X**
TUBE ROLL-10X-3 Count Hold Roll tubing from upper lip to lower lip	***Hover Ball Blow-3-5X*** **Place tube in mouth-blow enough air to make the ball hover over the basket**
BALLOON SPECIAL BREATHING • **See separate sheet for instructions** **3 Min., 2x a day on your back**	***REMINDER-10 Minutes*** ***Step 1.*** **Place 2 elastics on the tip & middle of the tongue, hold against top of the mouth, lips closed, 10 minutes** ***Step 2.*** **Sit up Straight, head up straight**

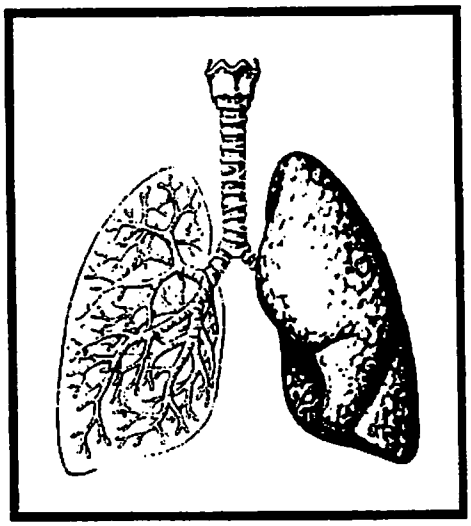
REMINDER-REST TONGUE POSTURE	BALLOON SPECIAL DIAPHRAGMATIC BREATHING/NASAL BREATHING
• **Reminder Spot OR 1 Elastic ½ on & ½ off Tongue Tip** • Tip to Spot • Close Lips • Sit up straight/Head straight • Remain this way for 5 Minutes 2nd Week • **1 Elastic ½ on & ½ off Tongue Tip** • **Place 2nd Elastic 1" behind 1st Elastic** • **Tip to Spot-Middle of Tongue against the top of the mouth** • **Close Lips** • **Sit up straight/Head straight** • **Teeth Apart at Rest-Bite to Swallow** • **Remain this way for 10 Minutes** Increase 5 minutes a week until 60 minutes is achieved	• **Lie on your Back** • **Tongue on the Spot and across the top of the mouth** • **Lips closed** • **Hand across the Diaphragm area** • **Breathe through the Nose** • **Breathe in air for a 3 Count-Feel the hands move up like a balloon filling with air.** • **Do not allow the chest/shoulders to rise** • **Breathe out the air for a 3 Count-Feel the hands move downward like a balloon deflating.** • **Hold for a 2-3 Count not breathing** • **Repeat fill, empty, rest process for a 3 Minute period.** **2nd Week- Repeat the same process:** • **Sitting up 3 minutes** • **On your Back 3 minutes**
REMINDER/COTTON ROLLS & TAPE	**NASAL CARE-With Doctor's Recommendation**
• **Cut 3 5" pieces of 1" Cloth Tape** • **Place 2 Elastics on the tongue** • **Tongue to spot & top of the mouth** • **Place 1 Cotton Roll inside the Lower Lip** • **Place 1 Cotton Roll inside the Upper Lip** • **Close the lips together** • **Place 2 Pieces of tape in an "X" on either side of the nose to the chin. (Pull slightly downward on the upper lip as you tape)** • **Place 1 Piece of tape horizontally** • **When removing the tape, be sure to keep the lips closed tightly together and pull the tape in a downward motion.**	**Nasal Spray: Entsol, Xlear, Neil Med** ***Do 3X a day, AM, Afternoon, Before bed** • **Shake bottle for 2-3 seconds** • **Place applicator tip into the nose** • **Tip the head back** • **Depress the applicator and sniff the nose at the same time-1 short spray** • **Repeat in the other nostril** • **Sniff several times** • **Blow your nose if necessary** **On Your Back:** • **Lie on your bed with your head hanging slightly over the edge so the chin is tipped upward** • **Repeat the directions listed above** **Gel:** • **Apply some Gel to a cotton swab** • **Place the cotton swab into the nose and apply the gel to the full lining of the nose**

THE RESPIRATORY SYSTEM



(Turn page for definitions)

The Respiratory System



You get a strong whiff of ammonia and start choking. The local ragweed pollen count is high, and you can't stop sneezing. You have a cold and keep coughing up loose phlegm.

It's your respiratory system in action. The system acts as a first line of defense against body invaders—as in the case of harmful gases such as ammonia, and irritants such as pollen. It is also the mechanism by which oxygen is supplied to the body and carbon dioxide is exhaled. When this oxygen supply is cut off, death can result in a matter of minutes.

The organs and tissues involved in the respiratory system consist primarily of the following:

- The nasal cavity is lined with tiny hairs and sticky mucus, which catch foreign particles. Mucus contains antibodies and other chemical substances able to kill viruses and bacteria.
- The pharynx connects the mouth and nasal passages with the larynx, a muscle and cartilage substance in which the voice box is located.
- The trachea, commonly referred to as the windpipe, is the long passageway that transports air to the lungs.
- The bronchi are branches of the trachea that extend into the lungs. Together with the trachea, the structure resembles an upside-down tree.
- The diaphragm is a wall of muscle and connective tissue separating the thoracic cavity from the abdominal cavity.
- Gas exchange and blood oxygenation take place in the lungs.

A baby is born with a healthy, pink pair of lungs, but smoking and air pollutants take a toll, causing lungs to become dingy and grey. Unfortunately, clean air is the exception rather than the rule nowadays.

It is vital, then, to take as much care as possible to maintain a healthy respiratory system. By striving to breathe unpolluted air and shunning damaging habits such as smoking, we can protect our respiratory health.

Proper nutrition is also essential. Nature's Sunshine Products offers many nutritional supplements beneficial for the respiratory system. □

A Reader's Digest REPRINT

I AM JOE'S NOSE

By J. D. Ratcliff

Architecturally I may not be much, but in fact I'm one of Joe's most complex organs—and I do jobs for him that he doesn't even suspect

I AM that little hill that rises from the center of Joe's face—his nose.* He worries about his eyes, ears and digestive tract but tends to think of me as a nuisance. I water on winter days, sneeze at the wrong time, clog with a cold, tend to get smashed in accidents. There are colorful and poetic allusions to other facial features—eyes, ears, lips. But not to me. I am kept to the grindstone, one pays through me, and nothing is plainer than the nose on a face.

As an important organ in Joe's body, I think I deserve better. I do numerous jobs that he is unaware of. Let him go to sleep on his left side, for example, and my left nostril will gradually become engorged. In about two hours I send out a silent signal—I don't want to awaken him—which causes him to turn over. This is one of several trigger mechanisms that lead to movement, preventing his muscles from being cramped in the morning.

Automatically, I sniff Joe's victuals before he eats, to protect him from spoiled food that might poison him. Much of Joe's pleasure in eating comes through me. Let me smell a broiling steak and I crank up salivary glands that set his mouth to watering and start his digestive juices flowing. As Joe has noticed, when my capabilities are blunted by sickness, as by a cold, his food is tasteless, and he loses appetite and

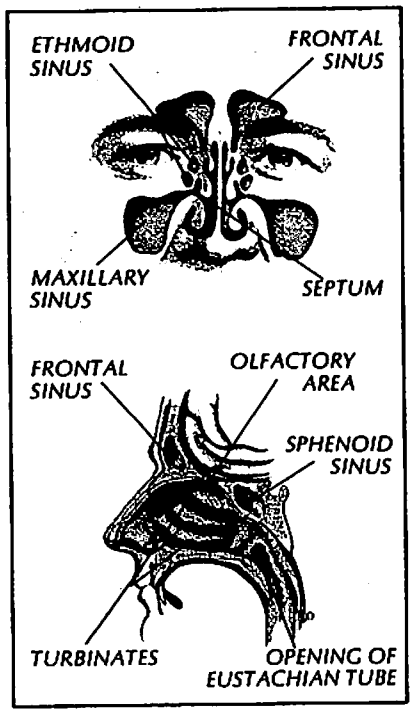
*Joe, 47, is a typical American man. A number of his organs have told their story in previous articles in The Reader's Digest.

weight. Without my stimulus Joe becomes a picky eater.

Another thing. Joe has a pleasing, deep voice. In part he has me to thank. I contribute some resonance. Let him pinch his nostrils when he speaks and he'll possibly hear the difference I make.

Architecturally, I am nothing to boast about. I am sandwiched in between the roof of Joe's mouth and his brain. In reality, I am *two* noses, since a septum, or partition, divides me in two. Above Joe's mouth I have a rather cavernous interior, my workroom. I also have small hollows in the bones on each side—in the cheeks, in the frontal bone over the eyes, in the wall between me and the eyes, and at the back of my main cavity. These hollow spaces make up my eight sinuses. They contribute some of the moisture I need to humidify air, make a slight contribution to voice quality and lighten Joe's skull, but mostly they cause trouble. Bacteria slip in to cause infection and blockage of the narrow channels that empty into my main passages. Then Joe is in for painful, headachy misery.

One of my major tasks is cleaning and conditioning the air for Joe's lungs. Each day I must process about 500 cubic feet of air—a small roomful. Joe may be skiing on a frigid, dry day, but his lungs aren't interested in dry, zero air. They want about what one would find on a humid summer day—75 to 80 percent saturated, temperature in the 90s. They demand air almost totally free of bacteria, and cleansed of grit, smoke and other irritants. The air conditioner for a medium-sized room is as large as a small trunk. My air-conditioning system is compressed into a tiny area only a few inches long.



For the humidifying job I secrete about a quart of moisture a day. Mostly this is sticky mucus, produced by the spongy, red membrane

This article is largely based on interviews with Dr. Harold G. Tabb, chairman of the department of otolaryngology, Tulane University School of Medicine, New Orleans.

that lines my passages. While the rough cleaning job is done by hairs in Joe's nostrils, it's the mucus that does the major work, acting as a kind of flypaper to trap bacteria and particles that get past the hairs. Naturally, I can't permit this film of mucus to stagnate. In a few hours there would be total pollution. So every 20 minutes I produce a clean new mucous blanket.

To remove the old mucus, I have an army of microscopic brooms—cilia. These minute hairs rapidly whip the film back to the throat for swallowing and then slowly settle back to their original positions. Strong stomach acid destroys most swallowed bacteria. My tireless little cilia make about ten sweeping strokes a second. Joe, of course, is unaware of this activity, which goes on day and night. But on a cold day he becomes aware of it, since cold partially paralyzes my cilia and causes an overproduction of mucus. Then, instead of being swept back to the throat, the moisture dribbles out the front. Joe gets a runny nose.

Besides mechanical trapping I have another protection against bacteria—a microbe slayer called lysozyme, the same stuff that protects Joe's eyes from infection. It makes me one of the cleanest of all organs—so clean, in fact, that much nose surgery can be performed without elaborate efforts at antisepsis.

Warming the air that Joe breathes is also quite a task. I accomplish most of this with my turbinates. Three of these little potato chips of bone, the biggest about an inch long, protrude from the side walls of each of my nostrils. In reality, they are small radiators. They are covered with erectile tissue with a relatively enormous blood supply—the steam for my radiators. Blood usually flows from tiny arteries, through a capillary bed, and into veins. In my turbinates the capillaries are associated with the tiny cisterns of my erectile tissue. As more blood is forced in, the tiny cavern's swell. This happens when Joe breathes in cold air—I swell and provide greater warming surface.

My other big job, of course, is detection of odors. Joe, like most people, can recognize 4000 different scents. The really sensitive nose can go up to about 10,000. Since life rarely depends on me my great skills are subdued, unused. Had Joe been born deaf and blind he would have appreciated my enormous potential. As a key tool of identification I would have been able to recognize people, houses and rooms by scent alone.

How do I detect odors? On the roof of each of my nasal cavities I have a patch of yellow-brown tissue smaller than a postage stamp. In each patch I have roughly ten million receptor cells, and six to eight tiny sensory hairs that project from each cell. All this apparatus is connected to Joe's brain, an inch away.

That, then, is the setup. But it doesn't tell *how* Joe identifies the smell of a broiling steak. We have

only theories. It's known that anything smellable throws off molecules. Hot onion soup throws them off in plenty, cold steel hardly any at all. One theory holds that my receptor sites can distinguish the sizes and shapes of different molecules. The difference is somehow registered, and a wisp of electricity is generated and dispatched to the brain. The electrical signal is familiar to Joe's brain. The brain arrives at a verdict: vinegar, it says, or marigold or burning rubber.

Actually, it isn't all that simple. It is possible that there are primary odors, just as there are three primary colors. With the brain as a palette, odors are blended into a familiar scent.

If I am overwhelmed by a particular odor, after a short time I can no longer detect it. After the first few whiffs, Joe's wife hardly notices the perfume she is wearing. If Joe gets a job in a tannery, glue works or stockyard, he is oppressed by the odors at first. Soon, however, he is so worn out with those particular harsh smells that he hardly notices them. Yet his sensitivity to other odors remains. Even in the stench of a tannery a rose smells as sweet as ever.

Being one of the body's most exposed organs, it's little wonder that I am the target for a wide spectrum of ailments. Certain microbes—notably those of syphilis and tuberculosis—can attack my cartilage and destroy my shape. Polyps sprout on my mucous membrane—little "mushrooms" that vary from pea to grape size. They can block air passages or sinus channels to cause a variety of grief.

Allergens, tobacco smoke and dust irritate my mucous membranes, causing them to swell and to produce excess fluid which drips into the throat. This is postnasal drip. Or air passages may be inflamed and shut by a cold. Joe often tries to blast them open with a mighty blow. This is dangerous business. It can force infection into my sinuses, or into the middle ear via eustachian tubes. Or he may resort to nose drops—tissue shrinkers of various kinds. He'd best be cautious here, too. Drops cause the "rebound" phenomenon—temporary shrinkage is followed by greater swelling than originally present. Experts warn against nose drops because they end by complicating rather than solving the problem.

Joe is 47 now and my acuity is declining. Coffee doesn't smell quite as good as it once did, and other odors aren't quite as noxious. All this is perfectly normal. It might have been a handicap at one point in man's development, but no longer. Until I warm and cleanse Joe's last breath I will continue to do my jobs for him. And in defense of my lowly status I might add that in Joe's old age I will do my jobs far better than his eyes and ears will do theirs.

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FIT FOREVER

BY MAURA RHODES

HEALTHY BREATHING

THE MOST NATURAL ACT OF ALL . . . SO HOW COME A THIRD OF US DON'T KNOW HOW TO DO IT?

A single wailing breath hails our arrival into the world, just as a single silent one marks our departure from it. Between these all-encompassing two lie hundreds of millions of breaths that matter plenty. How we breathe has a lot to do with how healthy we are. And it may even be that by breathing correctly, as nature intended, we buy a little extra time. Yet about 30 percent of us don't do it right. We spend all of our time breathing too rapidly and too shallowly—in other words, subtly hyperventilating. By doing so, we cheat ourselves of both health and longevity.

Take it from someone who knows: "Breathing creates a kind of internal rhythm that keeps all the organs and systems in the body functioning in physiological harmony. Throw off that rhythm by hyperventilating, and you can easily throw off health," says Robert Fried, Ph.D., director of the Stress and Biofeedback Clinic at the Institute for Rational Emotive Therapy in New York.

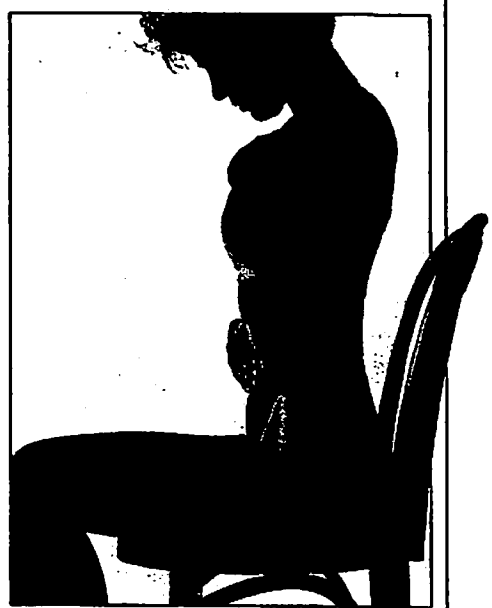
How could we become so sloppy about something that should come naturally? It's easy, says Dr. Fried, who has made breathing his business for nearly ten years. Lots of everyday factors can come between us and our breathing rhythm.

- Diet: Some food substances—like the amino acid tyramine found in aged cheese and processed meats—speed up metabolism and breathing as well.
- Illness: Mild anemia, for example, can also do it.
- Posture: For those of us who practice it, the old-school rule that admonishes us to suck in our stomachs can play a part.
- And a proclivity to tight-fitting clothing—what Dr. Fried calls the Calvin Klein syndrome.

The major culprit, though, is undoubtedly stress. "People react to stress as animals do to danger—the heartbeat quickens, and so does breathing," explains Dr. Fried. "With humans, this response can stick if there's enough constant stress in a person's life." Not because such a response becomes a habit, like nail biting or lip chewing, but because it undermines the muscles that support breathing.

Healthy breathing depends upon the strength of specific muscles. The abdominal muscles must be strong and, more important, so must the diaphragm—the sheet of muscle sandwiched between the lungs and the abdomen. As every trained singer knows, the diaphragm aids breathing by pushing down on the abdomen with each inhalation, making room for the lungs to expand; on the exhale, the diaphragm stretches up against the lungs to help propel air. According to Dr. Fried, frequent hyperventilation doesn't give the diaphragm enough of a workout, and it becomes weak from underuse.

And that's just the start of it. Hyperventilation deprives the body of carbon dioxide (CO_2), which isn't merely a waste product of oxygen metabolism. In the complex chemistry of the body, CO_2 is responsible for maintaining the pH balance. Breathe too rapidly, and the carbon dioxide is blown out before it can do its job;



blood and other body fluids become too alkaline—and that affects the flow of calcium into tissues. When the pH balance is upset, too much calcium rushes into muscles and nerves, making them hypersensitive. As a result, you feel nervous and jittery even in non-stressful situations.

What's more, low CO_2 levels cause blood vessels throughout the body to constrict. Blood flow is then reduced, resulting in hypoxia, a decreased level of oxygen in the brain and tissues. Hypoxia has been associated with a string of medical problems ranging from migraine headache and epilepsy to angina, cancer, and stroke.

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

Week 4

TONGUE POPS & SWALLOW ***Step 1.*** **Do 3 Tongue Pops-Hold the *Caves* 2Ct.** ***Step 2.*** **Get the *Caves*, *hold the Caves*, Bite, Lips pulled back, Swallow, still holding the Caves** • **Do 3 X** **Tube Roll-6X**	***K-SOUNDS & SWALLOW*** ***Step 1. Bite on the Bite Block*** **between the back teeth** ***Step 2. Repeat 4 "K" Sounds*** **Feel the back of the tongue hit the back part of the top of the mouth-tip of tongue is down and pulled back** ***Step 3. Squirt a stream of water*** **onto the Uvula-Soft palate area-do not squirt on to the tongue** ***Step 4. Swallow with just the back of the tongue*** • **Do 6 X (sounds, squirt, swallow)** ***Do on your back if exercise is difficult to do**
WAFER SQUEEZE ***Step 1.*** **Place the Wafer between the teeth, pulling the lips back in a grin** ***Step 2.*** **Keep teeth in contact with the wafer for *1 minute* as you Squeeze downward and release, Squeeze and release** • **Feel over the ears to be sure the muscles are working** **Alternate with the Tube Bounce** ***Tube Bounce*****-1 Minute**	***TUGS*** ***Step 1.*** **Place the Button in front of your teeth and behind your lips, tightening your lips around the button** ***Step 2.*** **Hold the other button in your other hand and pull the string straight ahead, pulling fast and letting the button "pop" from your lips** • **Repeat 10 X** ***TUG OF LOVE*** ***Step 1.*** **Do the tugs with a partner, placing the button in each of your lips-5 X** • **OR place the 2nd button in a drawer, close the drawer, try to open it.**
1-2-3 Swallow**-2 El-5X** ***Pencil Pull*****-2x each way-10Ct.** ***JUG LIFT-3X*** ***Step 1.*** **Bend forward over the jug** ***Step 2.*** **Place the button in your lips** ***Step 3.*** **Lift the jug off the floor, keeping your eyes looking at the floor and your chin tucked back to the chest.....10CT hold** **Add water whenever it becomes easy**	***SOFT PALATE-UVULA PULL*** • **Use a Mirror and a Light** • **Mouth open, tongue down** • **Yawn-As you pull in the air, see the Uvula & Soft Palate lift to the back of the throat** • **Hold the pull for a 2 count** • **Drop the uvula & soft palate back down** • **Repeat 6 X** **If difficult, gargle first, or lie down on your back, or try singing a high note, or "tap" on the uvula with the chopstick, or visualize it pulling up/back**
The Sling Shot **Place band of latex behind head-pull forward on the ends as you push the head straight back-10ct.-3x**	**Wall Back Hold-30 Seconds** **Wall Back Slide-30 Seconds**
Reminder**-2 elastics-25 Min.-Lips closed**	***Breathing*****-3 Min.- Fill 3 Ct./Empty 3Ct./Rest 3 Ct** • **1 X sitting up** • **1 X on your back**

Name: Today's Date Next Visit: Time:

Week # 5 Sheet # 5

Exercises DRINK FIRST	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
3 Tongue Pops /Open & Close 4x Bite & Swallow 1x Do 3x																					
K Sounds-6x 1x with sounds and squirt/swallow 1x with sounds and no squirt/swallow																					
Tongue Blade Push-3x-10 Count																					
Giddy Ups-10x each side																					
Alternate: Wafer Squeeze/Tube Bounce-1 Minute																					
Tugs-10x/Tug-of-love-10x Jug Lift-3x 10 Count Tube Roll-6X																					
Wall Back Hold-30 Seconds Wall Back Slide-30 Seconds The Sling Shot-3x 10Count																					
1X-Reminder-2 Elastics-Lips Closed 30Min. Cotton Rolls & Tape Breathing-3 Min.-2x a day 1X Sitting Up-1X On your back																					

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

TONGUE POPS, OPEN & CLOSE, SWALLOW *Step 1*-Do 3 Tongue Pops-2 Ct. Cave hold *Step 2*-Open & Close 4 X (hold the caves) *Step 3*- Bite, Lips pulled back, Swallow (hold the caves) • Do 3 X	**K-SOUNDS & SWALLOW-1X-1X** *Step 1.* Bite on the Bite Block *Step 2.* Do 4 K Sounds *Step 3.* Squirt & Swallow *Step 4.* Do 4 K Sounds *Step 5* Swallow with no squirt • Do 6 X
TONGUE BLADE PUSH *Step 1.* Place the tongue blade on your "V" shaped/pointed tongue-approx. 1 ½ " from tip *Step 2.* Pull/Retract tongue behind the teeth 1" *Step 3.* Elevate the tongue 1" *Step 4.* Push straight down with the hand in front of the nose/Resist with the tongue by pushing straight up.... 10CT hold • Do 3 X	Wall Back Hold-30 Seconds Wall Back Slide-30 Seconds The Sling Shot-3X-10Ct. Step 1. Place elastic sheet flat across the base of the skull holding the ends with your hands Step 2. Push the head straight back as you pull forward with your hands Hold for a 10 Count Release Slowly Repeat again
GIDDY UPS Step 1. Bite, tongue across top, lips back Step 2. Make Giddy Up sounds with sides of tongue Step 3. Squirt water into one side at a time-as you continuously make the Giddy Up sounds-swallow as needed-Do 10X each side	Tugs-10X Tug-of-Love-10X Jug Lift-3X-10Ct.
Alternate: Wafer Squeeze-1 Min Tube Bounce-1 Min	Tube Roll-6X
Reminder with Cotton Rolls & Tape • Cut 3 5" pieces of 1" Cloth Tape • Place 2 Elastics on the tongue • Tongue to spot & top of the mouth • Place 1 Cotton Roll into the Lower Lip • Place 1 Cotton Roll into the Upper Lip • Close the lips together • Place 2 Pieces of tape in an "X" on either side of the nose to the chin. (Pull slightly downward on the upper lip as you tape) • Place 1 Piece of tape horizontally • When removing the tape, be sure to keep the lips closed tightly together and pull the tape in a downward motion. Week 5	**Diaphragmatic Breathing:** 3 Min. Fill-3Ct./Empty-3Ct./Rest-3Ct. 1X Sitting up 1X on your back

Name: Today's Date Next Visit: Time:

Week # 6																						Sheet # 6
Exercises	**DRINK FIRST**	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
3 Tongue Pops/4 Open & Close/1 Bite and swallow-Do 3x																						
3 Caw Sounds 1 Swallow with only the back of the tongue 1 Stretch-Bite-Swallow-Lips Back Do 3x																						
Giddy Ups-No Sounds- Squirt each side Gather Liquid to Center of the Tongue Swallow-Do 10X																						
Normal Swallows-5x Repeat Steps Out Loud Watch in Mirror-No lip/chin movement																						
***Pumping-10x each area-hot salt water U.Lip, L.Lip, Rt. Cheek, Lt. Cheek *U. Lip Stretch-3x 10Count *Tube Roll-6x**																						
Tongue Blade Push-3x 10 Count Wafer Squeeze/Tube Bounce-1 Min. Jug Lift-2x 10Ct./Tugs-10x																						
Wall Hold-30 Sec. Wall Slide-30Sec. Sling Shot-3x-10Ct.																						
1 X-Reminder-2 Elastics-Lips Closed 40Min. Breathing-3 Min.-2x a day Cotton Rolls & Tape Remember-GOOD POSTURE																						

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

TONGUE POPS, OPEN & CLOSE, SWALLOW *Step 1*: 3 Tongue Pops-2 Ct. Cave hold *Step 2:* Get "the Caves", Open & Close 4 X (holding the caves) *Step 3*: Bite, Lips pulled back, Swallow Do 3 X	**CAW SOUNDS & 2 DIFFERENT SWALLOWS** *Step 1*: Make the "CAW" sound 3 X (feel the back of the tongue touch the back top part of the mouth) *Step 2:* Swallow with only the back of the tongue (Mouth is open-tip of the tongue is down) *Step 3*: Do a 1-2-3 Swallow (Stretch, Bite, Swallow, Lips pulled back) • Do 3 X
GIDDY UPS-No Sounds *Step 1:* Bite teeth together, tongue across top of the mouth, lips back *Step2*: Squirt water into the sides of the mouth on both sides, gather the liquid to the middle of the top of the tongue- swallow Do 10x each side	**NORMAL SWALLOWS** Step 1: Repeat the steps out loud Step 2: Watch yourself in a mirror Do a normal swallow Do not move the lips or chin Step 3: Hold 5 seconds between swallows Do 5x
PUMPING *Step 1.* Mix ¼ teaspoon of Salt in 4oz. Hot water *Step 2.* Take a mouthful of the hot water *Step 3.* Pump forcefully 6X each area-Upper lip, Lower lip, Rt. Cheek, and Lt. Cheek *Step 4.* Take a new mouthful of hot water for each area	***U. Lip Stretch*** With both thumb & index fingers touching at the center under the nose, pull the upper lip downward until the upper lip blanches white, Holding for a 10 CT • Do 4X
Tongue Blade Push-3x-10Ct. Wafer Squeeze/Tube Bounce-1 Min. Jug Lift-2x 10Ct./Tugs-10x	Wall Back Hold-30 Seconds Wall Back Slide-30 Seconds Sling Shot-3x 10Ct.
REMINDER • 1x a Day-40 Minutes 2 EL and lips closed Cotton Rolls and Tape **Week 6**	**DIAPHRAGMATIC BREATHING** • 3 min. Fill 3 Ct./Empty 3Ct./Rest 3Ct. • 1x sitting up • 1x on your back

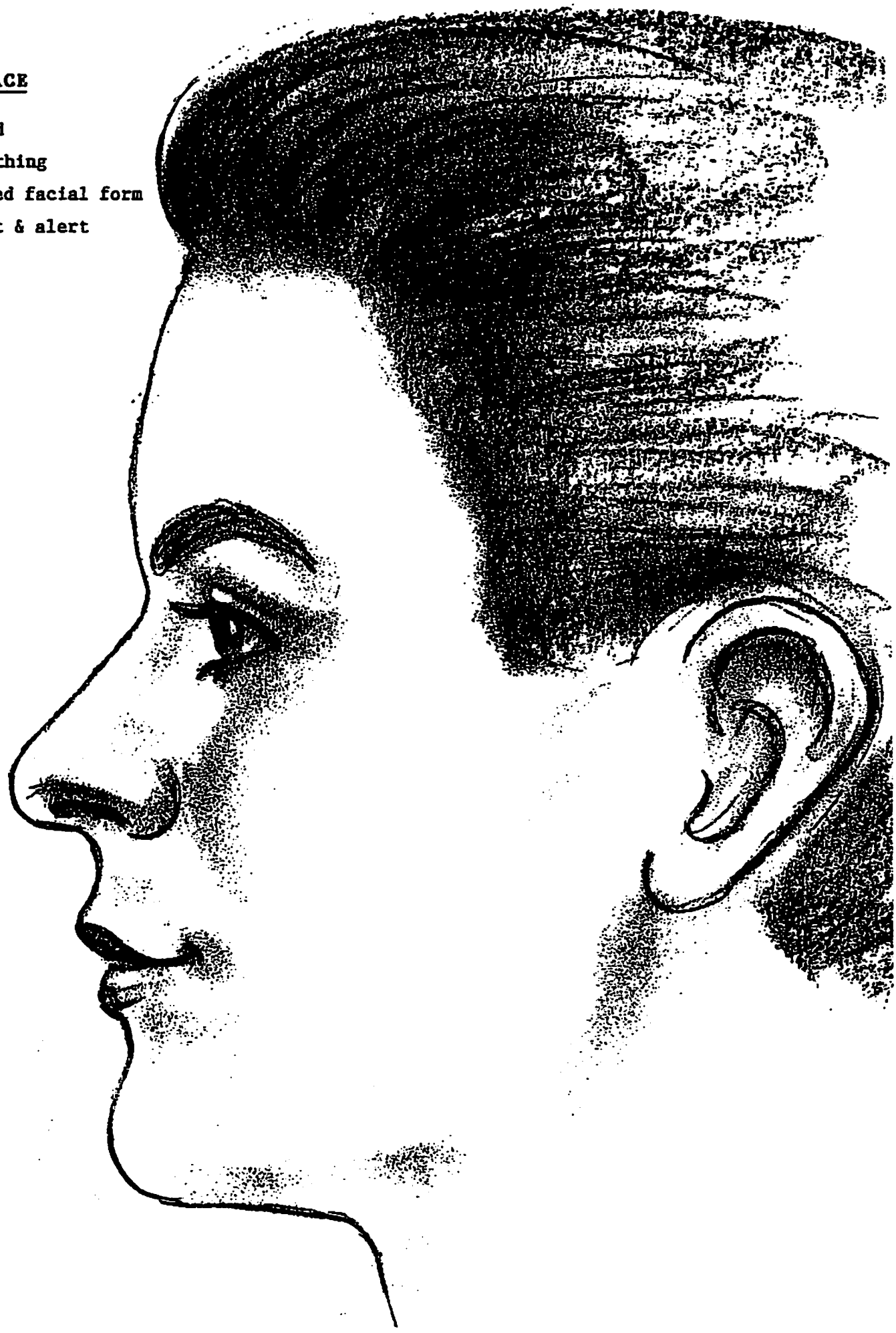
NORMAL FACE

Lips closed

Nasal breathing

Well defined facial form

Eyes bright & alert



FACE OF A MOUTH BREATHER

Lips open at rest

Shortness of upper lip

Fullness/rotation of lower lip

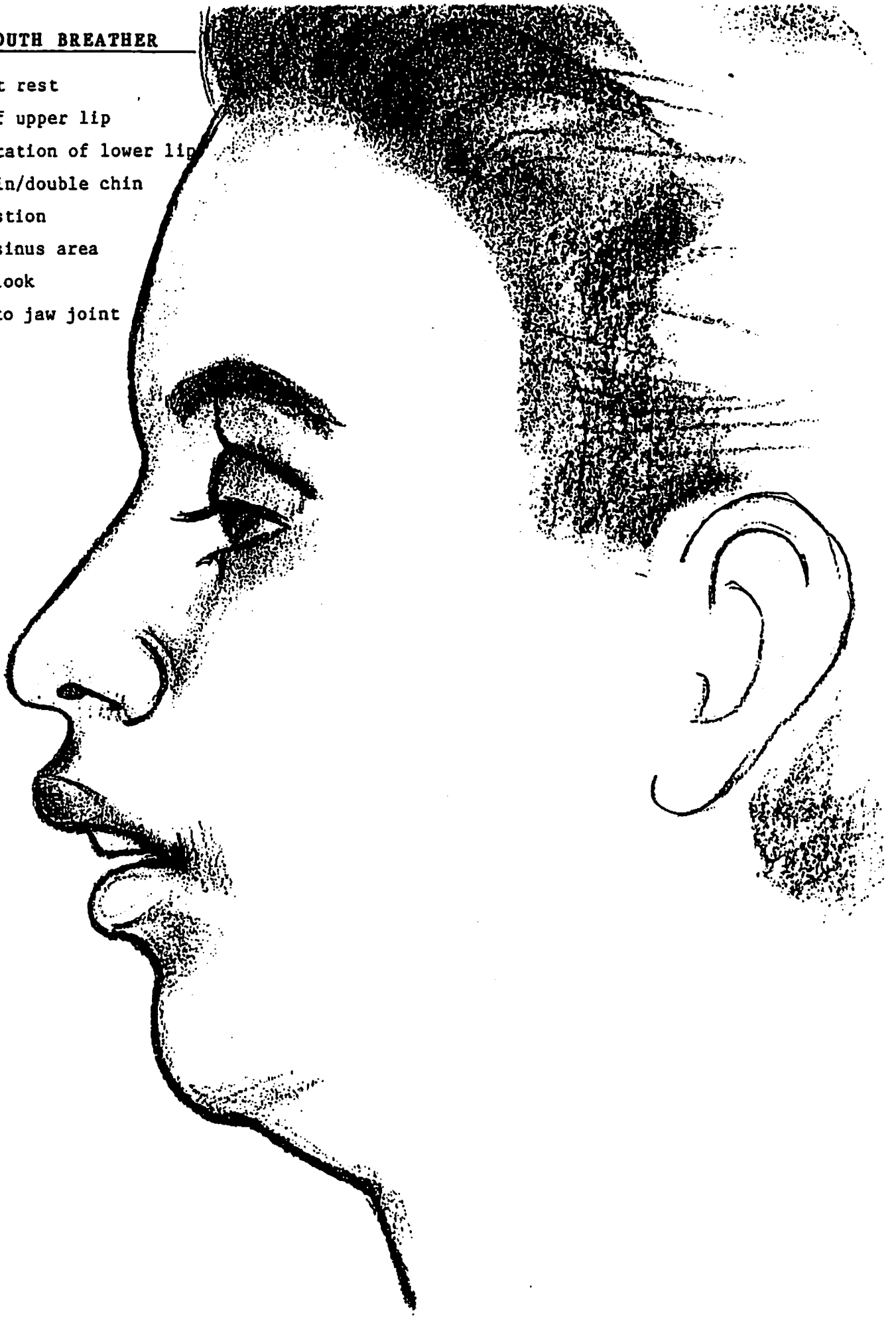
Retruded chin/double chin

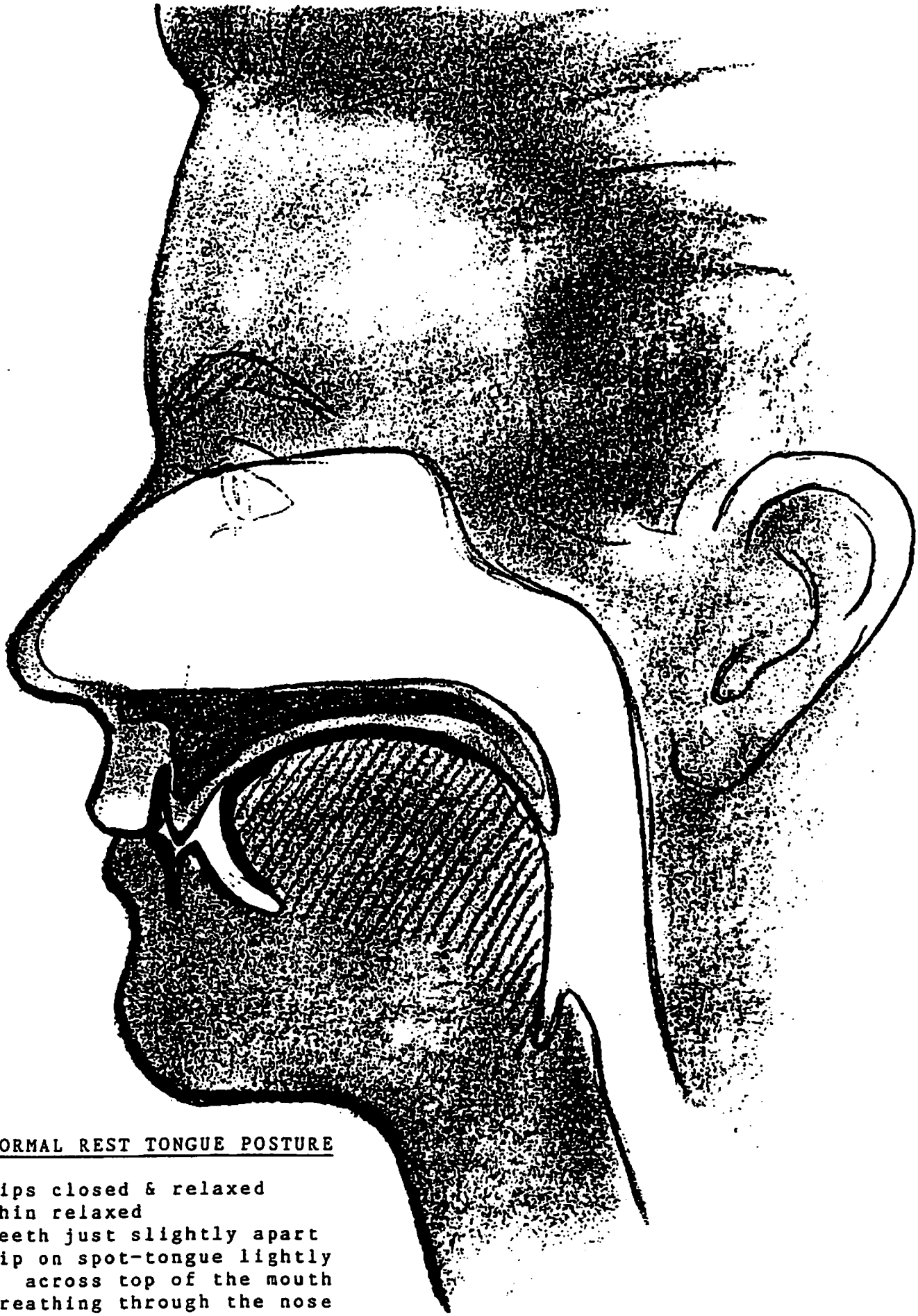
Nasal congestion

Flat nasal-sinus area

Droppy eye look

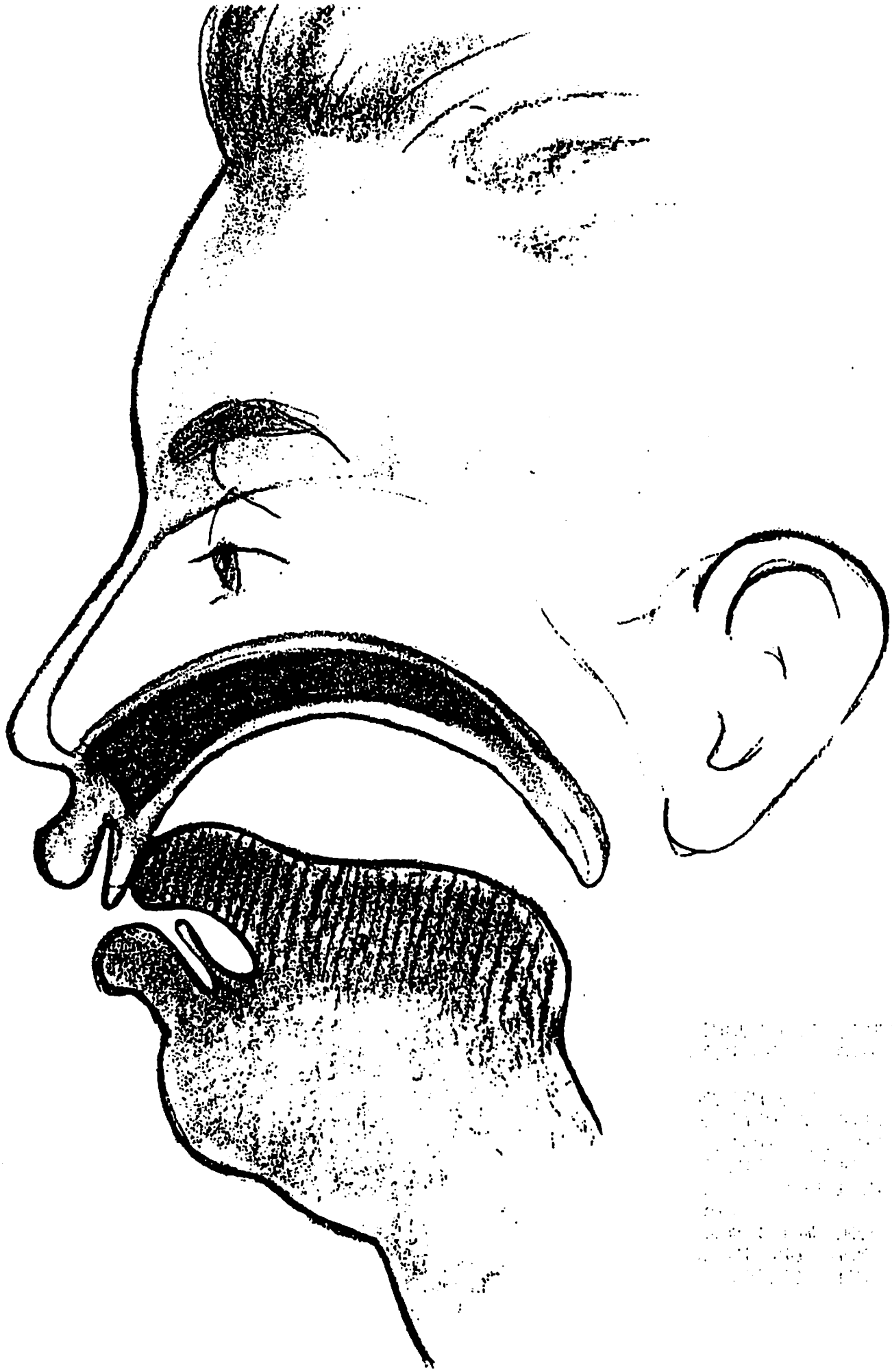
Alteration to jaw joint





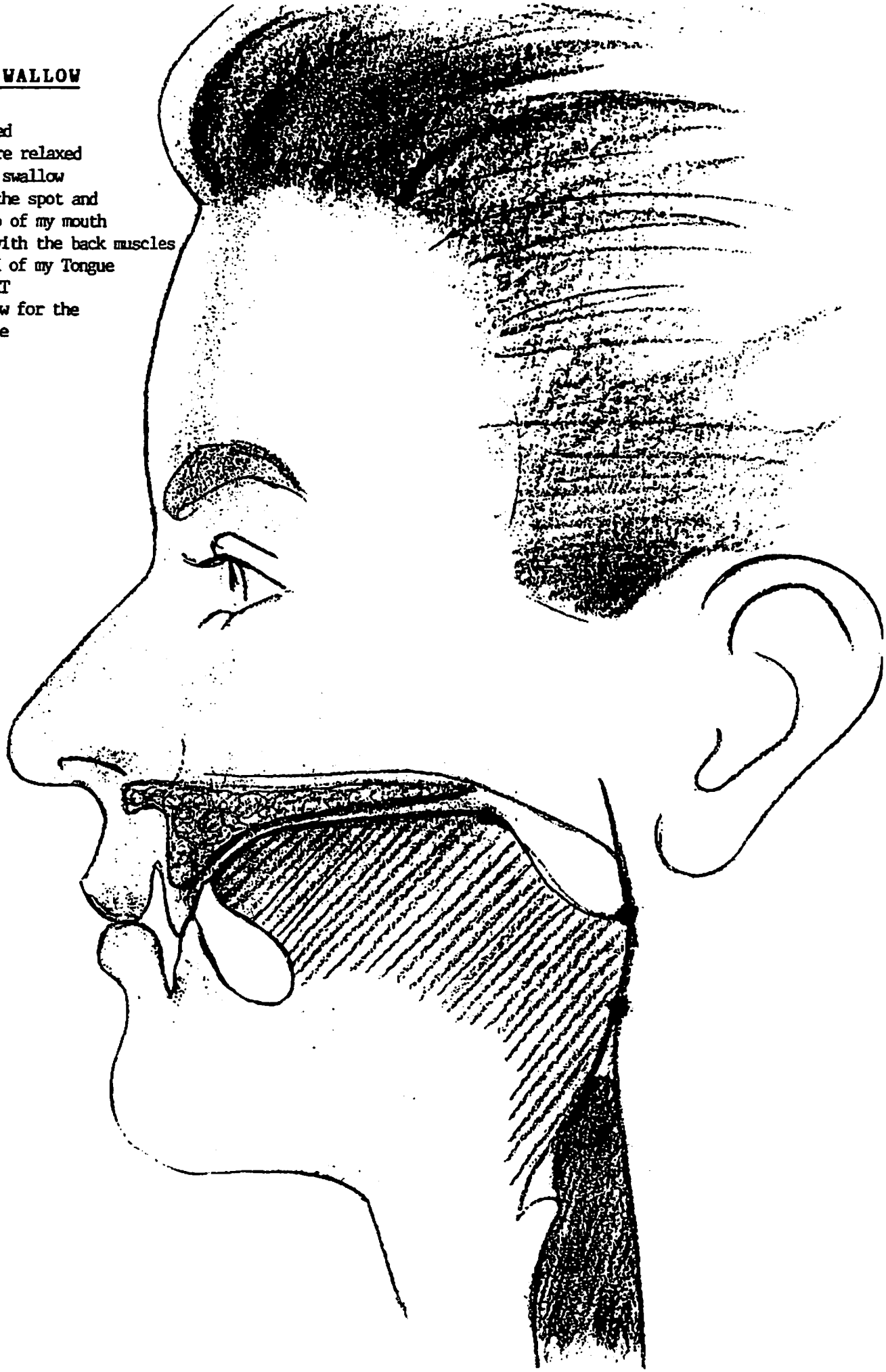
NORMAL REST TONGUE POSTURE

Lips closed & relaxed
Chin relaxed
Teeth just slightly apart
Tip on spot-tongue lightly
across top of the mouth
Breathing through the nose
Head held erect
Facial muscles relaxed



A NORMAL SWALLOW

My lips are closed
My chin & lips are relaxed
I always bite to swallow
My tongue is on the spot and
across the top of my mouth
I gather saliva with the back muscles
I "FEEL" the BACK of my Tongue
TOUCH MY THROAT
This is my swallow for the
rest of my life



INCORRECT SWALLOW

Lips & chin tighten

Lips may separate

Saliva gathered-front muscles

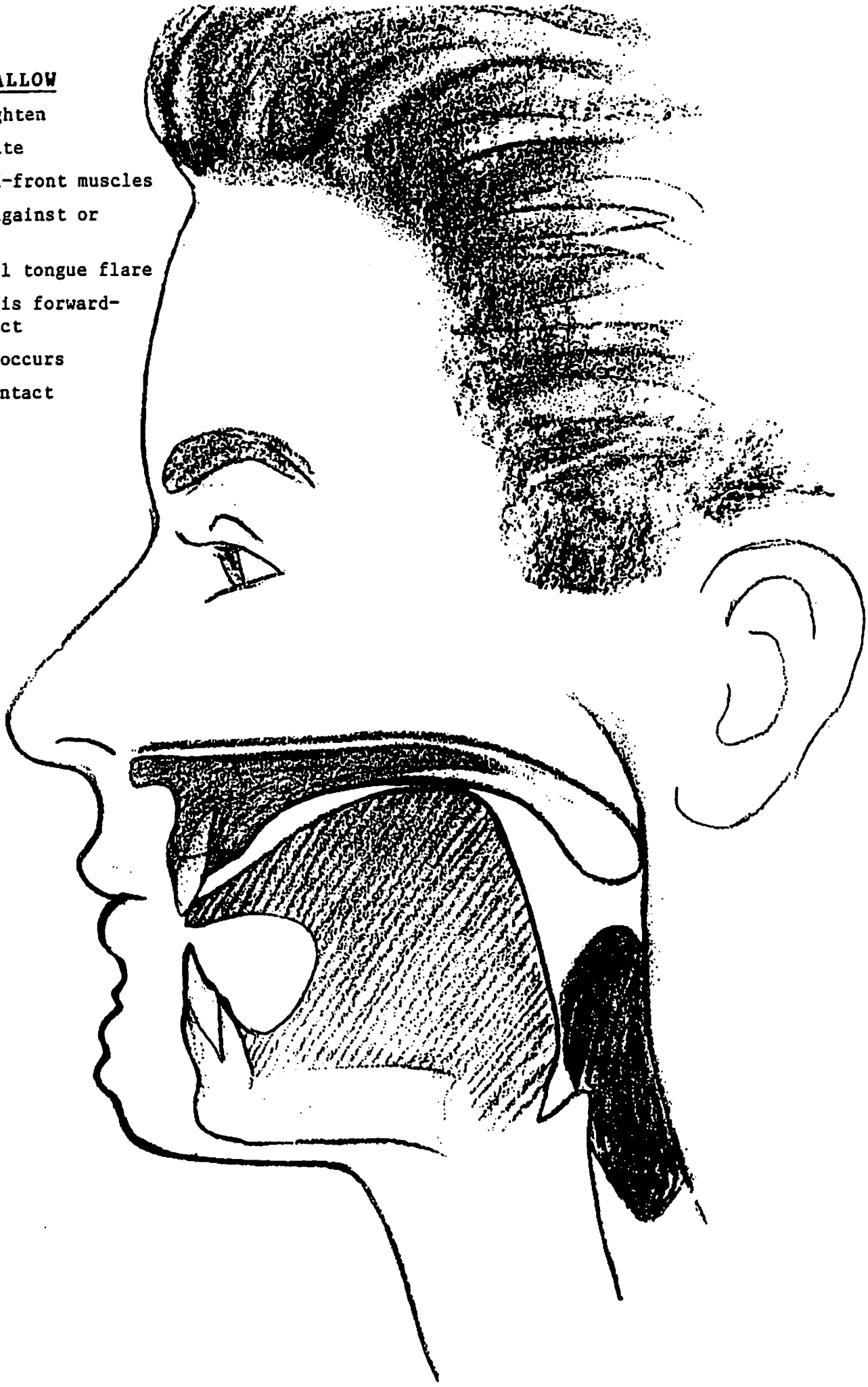
Tip of tongue-against or between teeth

Possible lateral tongue flare

Back of tongue is forward-no throat contact

Air swallowing occurs

Teeth not in contact



Name: Today's Date Next Visit: Time:

Week # 7 **Sheet # 7**

Exercises **DRINK FIRST**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Caw Sounds 1 Swallow with only the back of the tongue 1 Stretch-Bite-Swallow-Lips Back Do 3x							
Cheez-It Crackers-6x Side Squirts-Giddy Ups No Sounds-10x							
5 Normal Swallows							
Pumping-10x each area U. Lip Stretch-3x-10Count Lip Massage-6x Tube Roll-6x							
Word Sounds-Group #1 Group # 1 Posture Exercises							
Tongue Blade Push-2x-10 Count Pencil Pull-2x each way-10 Count Wafer Squeeze/Tube Bounce-1 Min							
1X-Reminder-2 Elastics-Lips Closed 60Min. Cotton Rolls & Tape Breathing-3 Min.-1x a day-Sitting up Remember-GOOD POSTURE!							
The Night Routine & Chart							

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

CAW SOUNDS & 2 DIFFERENT SWALLOWS ***Step 1*: Make the "CAW" sound 3 X (feel the back of the tongue touch the back top part of the mouth)** ***Step 2:* Swallow with *only the back of the tongue* (Mouth is open-tip of the tongue is down)** ***Step 3*: Do a 1-2-3 Swallow (Stretch, Bite, Swallow, Lips pulled back)** • **Do 3 X**	***CRACKER/FOOD SWALLOW*** ***Step 1.* Place a Cheez-it on your tongue and close the lips** ***Step 2.* Move the Cheez-it to the molar teeth on one side, bite the Cheez-it in half, move ½ of the cracker to the other side of the mouth** ***Step 3.* Chew equally on both sides with the molars, lips closed.....sit up straight** ***Step 4.* When cracker is "soupy", *gather it into a pile* on the back of the tongue** ***Step 5.* Stretch, bite, swallow with the lips back making sure there is no oozing of saliva or cracker between the teeth** • **Do 6 crackers**
Pumping-10x each area **U.Lip Stretch-3x 10 Ct.**	**LIP MASSAGE** ***Step 1.* Pull the upper lip down over the upper teeth-do not let it change position during the whole exercise** ***Step 2.* Bring the lower lip over the upper lip as far as possible, Press and Roll the lower lip down and back under the upper lip** **Do 6X**
Tongue Blade Push-2x 10Ct. **Pencil Pull-2x each way-10Ct.**	**Normal Swallows-5x** **Alternate: Wafer Squeeze-1 minute** **Tube Bounce-1 Min.**
WORD SOUNDS • **T-D-L-N SOUNDS** • **G-K-C SOUNDS** • **P-B-M SOUNDS** • **CH-J SOUNDS**	**Breathing** • **1x Sitting Up-3 Min.** **Reminder with 2 El., Lips Closed** **Cotton Rolls and Tape** • **1X 60 Minutes**
GROUP #1 POSTURE EXERCISES • **1X a day** • **Corner Wall Push-5x 10Ct.** • **Flat Wall Push-5x 10Ct.** • **Arm above head stretch-1x 30 Seconds Or 3x 10 Seconds** • **Arm press behind back-1x 30 seconds Or 3x 10 seconds** • **Side Bend Pull-each side 1x 30 Seconds**	***THE NIGHT ROUTINE*** • **Follow the night routine chart** • **Fill out the chart each AM** **Week 7**

SOUNDS SIT UP STRAIGHT SAY EACH SOUND SLOWLY

Group #1 Word Sounds:

T-D-L-N SOUNDS

Tip to the spot, push, bounce off....jaw back

Repeat 6x each: TA DA LA NA
Repeat 3x each:
TA-TA-TATTER DA-DA-DADDER LA-LA-LADDER NA-NA-NATTER

G-K-C SOUNDS

Back of the tongue hits the back of the top of the mouth, tip down & pulled back

Repeat 5x each: G-G-GO K-K-KICK CA-CA-CAKE

P-B-M SOUNDS

The lips pull back between the teeth equally, press, explode the sound

P-P-POP B-B-BOB M-M-MOM P-P-PAPA B-B-BABY M-M-MAMA

CH & J SOUNDS

Bite the teeth, push the sides of the tongue against the sides of the top of the mouth & the tip across the ridge, release the tongue as you explode the sound

Repeat 3x each: CHA-CHA-CHA CHO-CHO-CHO CHUH-CHUH-CHUH
JA-JA-JA JOE-JOE-JOE JUH-JUH-JUH

Group #2:

TO TIP TACK TIME / DO DIP DARK DIME/ LEAN LIP LACK LIME/NO NED NAG NOT

GO GET GAME GOB/ KID KICK KIM KEEP/ COME CAP CAKE CAT/ EGG BEG TAG TAKE

POT PAN POP PAY/ BOP BAND BAG BACK/ MOP MAN MAKE MAY

***Bite first-CHOP CHIN CHEEK CHILD JACK JADE JAIL JAM JELLY**

S SOUNDS:
BITE, TIP/BLADE OF TONGUE ACROSS THE RIDGE, HIGH PITCHED AIR SOUND

***Bite first-SO.SAY. SAM. SIT. SEE. SAW. SIGH. SING. SEND. SIGN. SAND. SALT. SAG. SACK.**

SOUNDS SIT UP STRAIGHT ENUNCIATE EACH SOUND

Group #3 Word Sounds:

TOP TOWN TYPE TOT/ DOG DOWN DIG DIRT/ LOT LITTLE LOVELY/NEED NET NAP

KAH KEY KUU KAY/ GIG UGH GOO GAA/ COOK COKE ACHE/ HUG LUG TUG TAKE

POPPY BOBBY BABBLE PEBBLE MUMMY MAPLE MOLLY BABOON MADAM

***Bite first-CHURCH CHUNK CHUM CHIME CHOSE JUDGE JUNK JINGLE JUNGLE**

***Bite first, tip on ridge-SORT SINK SIGHT SILLY SINGING SWALLOW SIMPLE SAUCEY**

Group #4 Word Combinations:

TEDDY TIM...DIPPY DOODLE...LILLY LALLY...NIPPY NOODLE...DONALD DUCK

KATE KINGSLEY...KEEN KELLY...CUTE GIGGLE....COMPLETELY CONGESTED

***Bite First-CHILLY CHURCH...CHUBBY CHILD...CHINESE CHINA...JINGLE BELL...JET ENGINE**

***Bite First, tip on ridge-SALLY SAW ...SILLY SAM...SEA SICK...SIT STILL...SIMPLE SIMON...SEVEN TIMES...SAM'S LESSONS...SPACE MISSLE...SING A SONG**

Group #5 Sentences:

TOMMY TOOK A TUMBLE...LITTLE LAMB ATE MY HAT...NIPPY NOODLE DID A DANCE

A CALICO CAT CAUGHT A COLD...CUTE KATY CAUGHT A KITE...A KING HAD A COAT OF GOLD...A COLORED SNAKE WENT SLIDING DOWN THE SLIPPERY BEACH A JUDGE FOR JUSTICE...CHALLENGE A CHAMP...A CHIPMUNK CHOMPED A NUT

I PLAYED A JAZZY TUNE ON MY SAXOPHONE ...A SPACE VESSEL WENT SPEEDING ACROSS THE SKY..SILLY SONGS ARE SIMPLE TO SING....NANCY DOODLES LOVES POODLES....TELL ME A SECRET ON SUNDAY...SAUCEY SUPPERS STAIN MY TANK TOP

Group #6-SH Sounds

BITE, PUSH SIDES AGAINST TOP OF MOUTH, TIP FREE TO ALLOW AIR FLOW

SHOW SHELL SHEEP SHEET SHOE SHAKE SHACK SHADOW SHAGGY SHABBY

SHAFT SHALL SHAM SHAME SHAVE A SHARK...SEA SHELL...SHIELD A SHIP...

SHOOT A SHOTGUN...SHOULD I SHOW YOU A SHIP WRECK?...SHIMY DOWN THE

SHORE...A SEA SHELL SHOWN IN THE SHALLOW POOL

NAME: **DATE:**

THE NIGHT ROUTINE:

At night your "subconscious mind" is totally in control. You need to "reprogram" it with your new way of swallowing, where to rest the tongue, to keep your lips closed, and to sleep on your back.
At night you swallow once each minute so you will swallow _____times every night.
The rest of the night, your tongue should be on the spot and across the top of your mouth and your lips should be closed with you breathing through your nose.
Remember, NO stomach sleeping, NO hands or arms under your face or pillow, and, at least, 80% back sleeping. If you are on your side, your legs need to be on top of each other with the pillow under your ear, not your face, and no hands or arms under your face or pillow.

Follow these steps as you go to bed:

1. **Place a pillow under your knees if you need help to learn to sleep on your back**
2. **Go to bed on your back**
3. **Swallow the new normal swallow**
4. **Say out loud..."I sleep all night on my back, swallowing right, tongue across the top of my mouth, and with my lips closed tight."**
5. **Repeat the swallow and saying 6x**
6. **Do 3 minutes of your Balloon Special Diaphragmatic Breathing...Fill 3ct. and empty 5ct.**
7. **Go to sleep on your back with your lips closed and tongue across the top of your mouth.**
8. **Tape your lips if your lips do not stay closed...1" Paper tape, 1 piece from nose to chin.**
9. **In the morning, fill out your chart as soon as you wake up.**

I awoke with my: **I awoke on my:**

DATE	Lips Closed	Tongue Up	Tape On?	Back	Rt. Side	Lt. Side	Stomach

POSTURE EXERCISES
GROUP # 1

CORNER WALL PUSH

- Stand in a corner
- Place hands on the opposite walls, even with your shoulders
- Stand straight, head up straight
- Lean forward as far as possible without changing your head-body posture
- Hold for a 10 count
- Repeat 3x

FLAT WALL PUSH

- Stand in front of a flat wall
- Place your hands against the wall
- Stand straight, head up straight, feet positioned back behind body
- Lean forward as though pushing down the wall without changing your head-body posture
- Hold for a 10 count
- Repeat 3x

ARM STRETCH

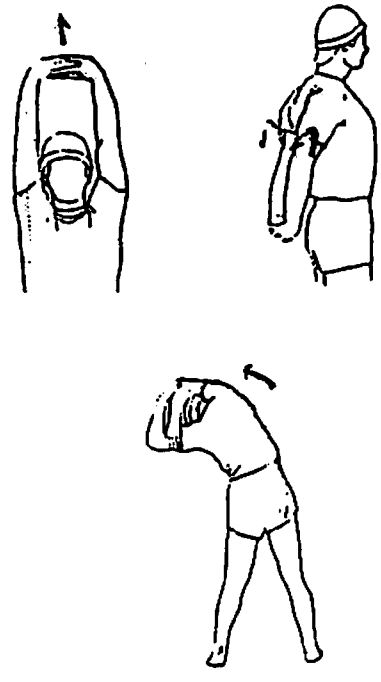
- Stand with the body and head up straight
- Interlace your fingers in front of you
- Reverse the interlace as you stretch your hands over your head
- Be sure that the head remains straight and the arms are stretched upward even with your head position
- Hold 1x for a count of 30 seconds
- OR do three sets of 10 count

BACK ARM STRETCH

- Stand with the body and head up straight
- Pull your arms behind your body and interlace your fingers
- Tighten the shoulder blades together as much as possible while maintaining good head-body posture
- If possible lift the arms up and away from the body
- Hold 1x for a count of 30 seconds
- OR do three sets of 10 count

SIDE BODY STRETCH

- With arms overhead, hold the elbow of one arm with the hand of the other arm
- Inhale...Keeping your knees slightly bent, as you exhale, gently pull your elbow behind your head as you bend from your hips to the side
- Hold the stretch for a 10 count
- As you inhale, bring the body upright
- Repeat 3x
- Switch arms and repeat 3x to the other side



Name: Today's Date Next Visit: Time:

Week # 8 **Sheet # 8**

Exercises **DRINK FIRST**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Three Back Swallows **10x each set of 3 exercises**							
Pumping-10x each area **U. Lip Stretch-3x 10 Count** **Lip Massage-6x** **Lips Smacks and Lip Press-5ct.-5x**							
Cracker-6x **All of Dinner with cracker technique/lips back swallow** **Only drink 3 times/Sit up straight**							
Sip Swallows-1 Elastic, Biting-10x							
Word Sounds-Group # 2 **Group #2 Posture Exercises**							
Wafer Squeeze/Tube Bounce-1 Min. **5 Normal Swallows** **Gum Push- 5x**							
Reminder-2 Elastics-Lips Closed 60 Min. **Cotton Rolls & tape** **Breathing-3 Min.-2x a day** **Remember-GOOD POSTURE!**							
The Night Routine **Bring a SANDWICH to next visit**							

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

THREE BACK SWALLOWS Lie down on your back 1. Back of the Tongue Swallow-10X Mouth open-Squirt water against soft palate-swallow with only the back of the tongue, tip down 2. Side Squirt Swallows-10X Bite together, tongue across the top Squirt water on each side Swallow-lips back 3. Stick Squirt Swallow-10X Chopstick between the teeth Tongue behind stick & tip on spot Squirt in the floor of the mouth Swallow	Normal Swallows-5x (Use a mirror) Alternate: Wafer Squeeze-1Minute Tube Bounce- 1 Minute
Pumping- 10x Each area Upper Lip Stretch-3x 10Ct. Lip Massage-6x Lip Smacks & Lip Press-5x Smacks the lips apart/then press the lips together for a 5 ct.	Gum Push Chew up a piece of gum/roll it into a ball Place on the middle/back of the tongue area Place the tip of the tongue on the spot and push the gum against the top of the mouth as hard as you can with the center tongue muscles The gum should form a narrow straight line from the middle of the top of the mouth toward the back of the throat (depending on the firmness of the gum you are chewing-firmer is better
Posture Exercises Group #2	WORD SOUNDS-Group #2 • T-D-L-N WORDS • G-K-C WORDS • P-B-M WORDS • CH-J WORDS • S SOUNDS
SIP SWALLOWS: 1 Elastic on tip of tongue-tongue to spot Teeth biting.....Lips on the cup...head up Take a sip of water, pulling it back to use the giddy-up muscles, gathering the water to the center of the tongue, and swallowing with the lips pulled back/open	FOOD SWALLOWS • Continue 6 crackers, 2X a day • Eat all of your DINNER the same as eating the cracker. *Stretch, bite, swallow, lips back * Small bites *Drink only 3 times during the meal *Sit up straight • Bring a Sandwich to your next visit
BREATHING • 1X-3 Minutes-Sitting Up • Fill 3Ct.-Empty 3Ct./Rest 3 Ct.	REMINDER • 60 min.-2 elastics-Lips Closed • Cotton Rolls & Tape • 1x a day
The Night Routine and AM Chart	Week 8

POSTURE EXERCISES
GROUP # 2

CHEST RAISE • Lie face down on the floor • Arms at your side, palms up • Nose on the floor • Lift the upper part of your body off the floor, keeping your head in alignment with your body • Lift your shoulders up • Hold for a 5 count/repeat 5X	**ELBOW RAISE** • Lie face down on the floor • Cross your hands under your chin • Lift the upper part of your body, hands, & arms off the floor • Lift the elbows as high as possible • Hold for a 5 count/repeat 5X
LEG PRESS • Lie on your back, knees up • Bring both knees toward you –Wrap your hands around the knees, keeping shoulders flat against floor. • Hold for a 5 count • Push the knees away against your hands, pulling the shoulders forward. • Hold for a 5 count • Repeat with each knee 3X	**HIP-PELVIC TILT** • Lie on your back, knees up • Rock your hips back and down while pressing your back flat against the floor-buttocks remains on the floor • Hold for a 5 count • Rock your hips up and forward while arching your back off the floor • Hold for a 5 count • Repeat each position 5X
LEG TILT • Lie on your back • Stretch the arms to either side • Bring your knees up • Slowly tip the knees toward the arm on the left • Slowly tip the knees toward the arm on the right • Repeat 5X	**DOOR JAM PUSH** • Stand with toes at edge of door jam • Stand straight, head up • Place hands on door casing at shoulder level...Lean forward...Hold for a 10Ct. • Move hands a little higher...Lean forward...Hold for a 10Ct. • Repeat until hands are as high as possible, moving only a couple inches at a time

Name: Today's Date Next Visit: Time:

Week # 9																					Sheet # 9		
Exercises	**DRINK FIRST**	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Brushing-3x **Tapping-3x**																							
Paper Plate Hold-3x-10 Count																							
5 Normal Swallows **Gum Push-5x** **Wafer Squeeze/Tube Bounce-1 Min**																							
Button Twist Hold-1 Minute **Button Twist-1-2X**																							
Word Sounds-Group # 3 **Posture Exercises Group #3**																							
Liquid Swallows-Tongue on spot/Biting **2 Meals the new way** **Bring a T.V. Dinner, utensils, napkin**																							
1X-Reminder-2 Elastics-Lips Closed 60 Min. **Cotton Rolls & Tape** **Breathing-3 Min.-1x a day-Sitting Up**																							
The Night Routine & Chart																							

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT

BRUSHING • Use a toothbrush *Step 1.* 2X each, *brush* the Rt. and Lt. sides of the top of the mouth and the center...from the back to the front *Step 2.* 2X each, *brush* the Rt. and Lt. sides of the tongue from the back, down the lateral borders of the tongue, to the tip and down the center of the tongue *Step 3.* Immediately place the tongue against the top of the mouth, *stretch, bite, swallow*, lips back • Do 3X	**TAPPING** • Use a chopstick *Step 1.* Tap across the back of the tongue, down the sides, and down the center *Step 2.* Tap across the back of the top of the mouth *Step 3.* Place the tongue against the top of the mouth, stretch, bite, swallow, lips back • Do 3X
PAPER PLATE HOLD Step 1: Pull U & L lips back over the teeth Step 2: Insert the paper plate between the lips Step 3: Hold the plate level for a 10 Ct. Repeat 3x	**Button Twist Hold:** Place the knots of the button twist string onto the middle of the tongue-place against the middle of the top of the mouth-hold the rest of the string with the tip of the tongue on the spot. Stretch open-lips back-hold for 1minute Add two buttons to the string each week
BUTTON TWIST • Knot between teeth • Move lower lip forward to pick up string Bring back into the mouth/Repeat until all of the string is in the mouth Repeat 1-2X	**Word Sounds-Group #3** **Posture Exercises Group #3**
Gum Push-5x Normal Swallows-5X Alternate: Wafer Squeeze-1Min Tube Bounce-1 Min	*Breathing*-1X-3 Min. Sitting Up Fill 3Ct./Empty 3Ct/Rest 3Ct. *Reminder*, 2 El., Lips Closed Cotton Rolls & Tape • 60 minutes 1X
LIQUID SWALLOWS *Step 1.* Tongue on the spot, biting, lips on cup, head up straight Step 2. Pull in liquid & gather the liquid up & on to the middle of the tongue *Step 3.* Swallow continuously keeping the tongue on spot and biting • *Drink ALL liquids* this way, day and night	**FOOD SWALLOWS-2 MEALS** • Eat all of your *dinner* correctly • Eat all of *another meal* correctly • Chew lips closed/Swallow lips closed • *Chew each bite 20 times* • *Lay fork down between bites* • Drink only 3 times during the meal • Sit up straight
THE NIGHT ROUTINE & AM CHART Week 9	Bring a T.V. Dinner, utensils, napkin to next visit

Name: Today's Date Next Visit: Time:

Week # 4 Sheet # 4

Exercises DRINK FIRST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Tongue pops-2 Ct. Hold Get Caves, Bite & Swallow Do 3x							
4 K Sounds & Swallow-6x Use Bite Block							
Alternate: Wafer Squeeze-1 min Tube Bounce-1 min Tube Roll-6X							
Tugs-10x Tug-of-Love-5x Jug Lift-3x 10Count							
1-2-3 Swallow-5x Pencil Pull-2x each way-10 Count							
Soft Palate Uvula Pull-6x 2 Count Hold							
Wall Back Hold-30 Seconds Wall Back Slide-30 Seconds The Sling Shot-3x-l0Ct.							
Reminder-2 elastics-25 Min.-Lips Closed Breathing-3 min.-2x a day 1X Sitting up/1X on your back							

Deprived of sufficient oxygen, the body must switch to fuels that don't need as much for burning. Such anaerobic metabolism introduces still another set of health concerns. It impairs the brain's production of neurotransmitters, the chemical messengers that relay every nerve impulse. You may feel the effect in impaired thinking, faltering memory, and dulled sensations—even in emotional disruptions. And the potential problems don't end there. As an alternate fuel, anaerobic breathing calls on glutamate, an amino acid that has recently been implicated in brain-cell loss.

Remedy: a little breathing reeducation and diaphragm muscle work. The simple exercises that follow will allow more oxygen to reach body cells and increase aerobic metabolism. They'll also help you to relax. Do a few when you're anxious, nervous, or just want to wind down—and keep in mind that with every soothing breath, you could be adding a little time to your life.

HOW TO BE A BETTER BREATHER

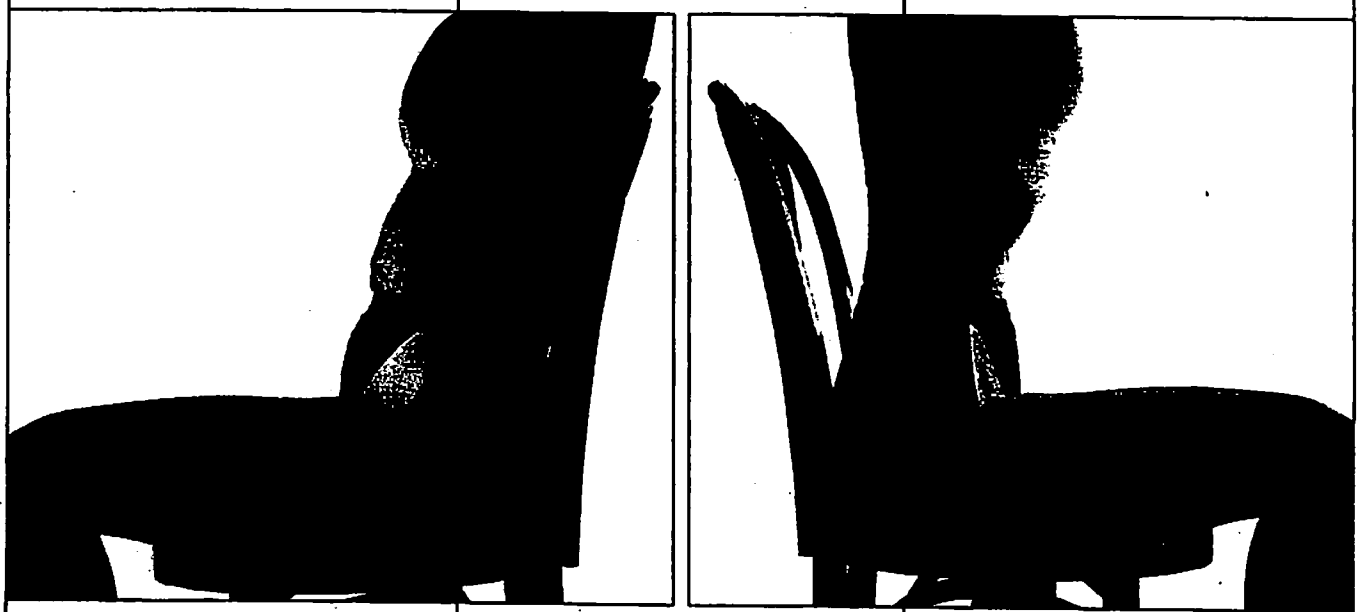
The following are actually individual steps in a single exercise that breaks perfect breathing down into its component parts. By concentrating on each one, you not only become aware of precisely what the body should be doing as it inhales and exhales, but you also strengthen the muscles involved. Do the sequence a couple of times in the morning and evening, always breathing in through your nose to warm and filter the air. Try to wear loose-fitting clothing.

BELLY BREATH: Place your right hand on your abdomen and your left hand on your chest. Look down and breathe naturally, noting which hand, if either, moves. Ideally, the stomach hand should rise and fall with each inhalation and exhalation, and the chest hand should stay still. To make this happen: Slowly inhale through your nose to a count of ten, so that the stomach hand moves outward; exhale to a count of ten, pulling in your stomach on the last few counts to push every drop of air out of your lungs. Repeat two more times and rest; then do two more sets of three. With time and practice, you can leave your hands out of it. Diaphragmatic breathing will become second nature.

DIAPHRAGM STRETCH: Sit upright in a comfortable chair, feet flat on the floor and hands resting in your lap. Imagine there's a string wrapped around your abdomen. Try to break it by pushing your belly out as far as it will go. You'll have to inhale in order to push out—and your diaphragm will be working hard to put pressure on the abdomen. Do this only once or twice; you're making your diaphragm muscle work harder than usual, and overdoing it could result in cramps.

STOMACH STRENGTHENER: Maintain an upright position. Pull in your stomach as far as you can without moving anything else. You'll have to exhale to do this. Repeat once or twice. Not only will this stretch the diaphragm upward, it will strengthen the abdominal muscles as well.

RHYTHMIC RELAXER: Once diaphragmatic breathing comes naturally, you can use it whenever you like. While you're lying down or sitting comfortably in a quiet place, inhale deeply. As you exhale, imagine the tension in your forehead flowing out with the air. Repeat. Inhale a third time; on the exhale, pretend that the tension in your jaw is flowing out with the air. Repeat. Work your way down your body, allowing the tension in individual areas to flow out each time you exhale. By the time you reach your feet, you should be totally relaxed—if you don't doze off first.



Four steps to easier breathing. Opposite page: Rhythmic Relaxer, left, and Belly Breath, right. This page: Diaphragm Stretch, above left, and Stomach Strengthener, above right.

Name: Today's Date Next Visit: Time:

Week # 3 **Sheet # 3**

Exercises **DRINK FIRST**	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Tongue Pops-6x **Hold CAVES for a 2 Count/Release**																					
Stick Squirt Swallow-6x																					
UNK sounds-10X																					
1-2-3 Swallow-2 elastics-5x **Stretch, Bite, Swallow-no delays** **Hold for 5 count rest biting**																					
Pencil Pull-2X each way-10Ct **Tube Bounce-1 min.** **Tube Roll-10X**																					
Alternate-2 different ones each time **Straw & Paper-2x 10Ct./Cork Pull-6x** **Ping Pong Ball-10X/Party Blower-2x 10 Ct.** **Hover Ball Blow-3x**																					
Wall Back Hold-30Seconds **Wall Back Slide-30Seconds**																					
Reminder-2 Elastics-15 Minutes-Lips Closed **Balloon Special Breathing-3 min.** **1X sitting up/1x on your back**																					

Week 3	
TONGUE POPS ***Step 1.*** **Place the tip of the tongue on the spot and suck the rest of the tongue against the top of the mouth until you have "CAVES" under the tongue and the frenum stretched by itself** ***Step 2.*** **Hold the "Caves" stretched for a 2 CT.** ***Step 3.*** **Release the suction with a "POP"** • **Do 6X** **If you have difficulty getting the "Caves", TAP across the back and down the middle of the tongue with the chopstick and then pointing to the tip of the chopstick.**	***STICK SQUIRT SWALLOW*** ***Step 1.*** **Bite crosswise on a chopstick** ***Step 2.*** **Place the tongue behind the chopstick with the tip of the tongue on the spot** ***Step 3.*** **Squirt a stream of water into the floor of the mouth** ***Step 4.*** **Slurp and swallow-Lips back** • **Do 6X** **If you have any difficulty, lie down on your back to do the exercise**
UNK SOUNDS ***Step 1.*** **The tip of the tongue is down & pulled back about ¼", mouth open** ***Step 2.*** **Say the word "UNK", feeling the back of the tongue jump up and hit the back of the top of the mouth on the "K" part of the word.** ***Do not let the sides of the tongue flare laterally** • **Do 10X** **If you have difficulty, lie on your back; try using the word "CAW" sounding like a crow; or tap on the back of the tongue with the chopstick before saying the word**	***1-2-3 SWALLOW*** ***Step 1.*** **Drink first** ***Step 2.*** **Place 2 Elastics on the tongue and place against the top of the mouth, bite together & hold for a 5 ct.** ***Step 3.*** **Stretch open on #1, Bite on #2, Swallow on #3 (no slurp)...do this quickly with no gaps between #1, #2, #3** ***Step 4.*** **Stay biting and hold for a 5CT** ***Step 5.*** **Do 5X**
PENCIL PULL**...2X each way, 10CT.** ***TUBE BOUNCE*****.....1 Min.** ***TUBE ROLL-10x***	**Alternate by doing 2 different ones each time** **Straw & Paper 2X-10Ct., Cork Pull 6X,** **Ping Pong Ball-10X, Party Blower 2X 10Ct.** **Hover Ball-3X**
WALL BACK HOLD **Stand against a door or smooth wall** **Knees bent/feet away from door** **Feel your bottom, your back, and your shoulder blades touching the door** **Head up/Breathe with your diaphragm** **Hold 30 seconds**	***WALL BACK HOLD/SLIDE*** **Stand against a door or smooth wall** **Knees bent/feet away from door** **Feel your bottom, your back, and your shoulder blades touch the door** **Head up/Breathe with your diaphragm** **Slide slowly up and down the door/wall for 30 seconds**
REMINDER**-15 MINUTES** **Hold 2 elastics against the top of the mouth with the lips closed for 15 minutes, sitting up straight**	***BREATHING EXERCISE*** **3 MIN., Fill for a 3 ct.-hand moves up and empty for a 3 ct.-hand moves down and Rest for a 3 Ct.** **1X sitting up** **1X on your back**

Name: Today's Date Next Visit: Time:

Week # 12 **Sheet # 12**

Exercises **DRINK FIRST**	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
The Goal Chart																					
"Stop That Ball" Story-5 min. Read the assigned consecutive stories as you finish one-then proceed to reading a book																					
Pick 5 of your favorite exercises and do them Or Cut up all of your exercises, place in a bowl, take out and do 5 different ones each day																					
1X-Reminder-2 El.-Lips Closed-60 Min. Cotton Rolls & Tape Breathing-3 Min.-2x a day																					
Alternate Posture Exercises																					
Make a Poster Find 3 pictures each day of people doing things the right way and 3 pictures of people doing things the wrong way																					
Do a Survey at School Each period choose a topic-count how many people are doing this good or poor habit																					
Observe everyone around you all day Find those using muscles incorrectly Is this what you want to look like?																					

DRINK FIRST SIT UP STRAIGHT HEAD UP STRAIGHT
REMEMBER YOUR GOALS!

THERAPY EXERCISES • Pick 5 of your most favorite exercises and do them • OR cut up all your exercises, place in a bowl, pull out 5 each day and do them	**STORY** • 5 MINUTES • Separate each word • Read Slowly • Enunciate beginning & end sounds • Sit Up Straight/Head Up Straight
Alternate Posture Exercises	Read Consecutive stories assigned to you 5 Min. each day When finished with the stories read from any book you wish for 5 Min.
THE GOAL CHART • Repeat the goals out loud each day • At the end of the day give yourself a score of between 1 and 10 on how you did with each category • Have your parent or spouse or friend grade you on the visible things on the list	Breathing-1X, 3 Min. Fill 3Ct./Empty 3Ct./Rest 3 Ct/ Reminder, 1X, 60Min., 2 EL, Lips Closed Observe Everyone Around You
AT NIGHT: • 5 good swallows • Breathing 3 min. Sleep with your mouth closed, tongue up, and on your back	***POSTER*** • Find 3 pictures each day of correct muscle use and good habits • Find 3 pictures each day of incorrect muscle use and good habits
REEVALUATION **PHOTOS** **Week 12**	***SURVEY*** • Each period choose a topic • Count how many people are doing the habit • Next period change to another topic & count • Mouth breathing, poor posture, leaning, nail biting, pen-pencil biting, lip biting, • Good habits-mouth closed, good posture

THE GOAL CHART MY LIFETIME GOALS

NAME:							WEEK OF:							
Repeat your goals out loud X each day							Score yourself daily 0-10/Parent Score also							
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

NAME:							WEEK OF:							
Repeat your goals out loud X each day							Score yourself daily 0-10/Parent Score also							
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

NAME:							WEEK OF:							
Repeat your goals out loud X each day							Score yourself daily 0-10/Parent Score also							
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

THE GOAL CHART MY LIFETIME GOALS

NAME:									WEEK OF:					
Repeat your goals out loud X each day									Score yourself daily 0-10/Parent Score also					
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Ad
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

NAME:									WEEK OF:					
Repeat your goals out loud X each day									Score yourself daily 0-10/Parent Score also					
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Ad
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

NAME:									WEEK OF:					
Repeat your goals out loud X each day									Score yourself daily 0-10/Parent Score also					
My Goals	Mon.		Tues.		Wed.		Thurs.		Fri.		Sat.		Sun.	
	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adult	You	Adi
I keep my lips closed														
I breathe with my nose														
My tongue is correct														
I always bite to swallow														
I eat correctly														
I drink correctly														
I sleep on my back														
I sleep with my lips closed & my tongue up														
I sit up straight/head up														
I have clear speech														
I have all good habits														

Week # 13 and until not needed:

ROTATION SCHEDULE:

Group #1:

The Three Back Swallows-10X each set
Tube Bounce-1 Min.
5 Normal Swallows
Pencil Pull-2X each way-10 Ct. pull
Story 3 Min.
Group #1 Posture Exercises
Reminder-60 Min.-2 Elastics-Lips Closed
At Night: 5 Good Swallows
Breathing-3 min.

Group #2:

3 Caw Sounds and 2 Different Swallows-4X
Wafer Squeeze-1 Min.
Tongue Blade Push-3X-10 Ct.
5 Normal Swallows
Story-3 Min.
Group #3 Posture Exercises
Reminder-60 Min.-2 Elastics-Lips Closed
At Night: 5 good swallows
Breathing-3Min.

Group #3

3 Tongue Pops-2 Count Hold/Open & Close with Caves 4X/Bite and Swallow-3X
3 UNK, 3CAW, 3ARK Sounds and Stretch, bite, swallow-3X
Lip Smacks and Lip Press-5Ct.-5X
5 Normal Swallows
Story-3Min.
Wall-Back Hold-30Seconds
Wall-Back Slide-30 Seconds
Sling Shot-3X-10Ct.
Reminder-60 Min.-Tongue Correct-Lips Closed
At Night: 5 Good Swallows
Breathing-3Min.

_____X a week _____X a day

ROTATION SCHEDULE:

Group #4:

The Snake-5x-5Ct. hold
The Gum Push-6x-10Ct. hold
5 Normal Swallows
The Lip Cheek Trace-3 circles right-3 circles left
Wafer Squeeze-1 minute
Story-3 minutes
Group 2 Posture exercises
Reminder-60 minutes-tongue on the spot and across the top-lips closed
Breathing-3 min. (Do not use chest or move shoulders-only the diaphragm)
At Night-5 good swallows...sleep on your back....lips closed....tongue up

Group #5:

Water Trap-6x-5Ct.
Paper Plate Hold-4x-10Ct.
The Button Twist Hold-1 Minute
The Button Twist-1 or 2 times
3 Caw Sounds & two different swallows-3x
Tube Bounce-1 minute
Story-3 minutes
Group 5 Posture
Reminder-60 minutes
Breathing-3 min.
At night-5 good swallows

Group #6:

Tube Roll-10X
Hover Ball-6X
Straw & Paper-4x-10Ct.
2 elastic Tongue Up Stretch-10Ct.-Bite and Swallow---repeat 3X
Story-3 minutes
Group 2 Posture
Reminder-60minutes
Breathing-3min.
At night-5 good swallows

Group #7:
Lip Smacks and Lip Press-5Ct.-5X
Tongue Points-3 Ct. hold forward, lt. side, rt. side, spot-Tongue trace-repeat 2x
Wafer Squeeze-1 minute
5 Normal Swallows
Tugs-10X
Straw & Paper-4x-10Ct. hold
Story-3minutes
Group 4 Posture
Reminder-60 Min.///Breathing-3min.
At night-5 good swallows

POSTERS

1. Find 3 pictures each day of
   - Correct mouth closed posture, normal face, and correct habits
   - Incorrect habits, mouth open, poor posture
   - Assemble on poster board
2. Find 3 pictures each day of
   - 3 Pictures of beautiful smiles
   - 3 Pictures of lips closed correctly
   - 3 Pictures of good body posture

PENNY & CHECK GAME

1. **Reward 1 Penny each time observed with the lips closed.**
2. **Deduct 1 Penny each time observed with the lips open**
3. **Reward 2 Pennies if lips are closed and the tongue is correct...ask "WYT", Where's Your Tongue?**
4. **Say the code word "Zipper" each time the lips are observed open**
5. **Place Stickers on 4X5 cards around the house as reminders...move them frequently**
6. **Child plays the CHECK GAME. On a 4X5 card or sheet of paper, write down the day.**
   ***Place a check mark each time you know your lips are closed and tongue is correct in the top of the mouth.**
   ***At the end of the day, count the check marks and collect your pennies from your parents.**

SURVEYS

- **Daily notebook recording of # of people seen doing the following:**
  - ***Choose a category each day, check and record each class period**
  - ***Sitting with mouth open**
  - ***Sitting with mouth closed**
  - ***Leaning on the face**
  - ***Biting finger nails or pens/pencils**
  - ***Poor posture**
- **Survey your family members, relatives, friends, teachers, co-workers and ask them what correct or incorrect habits they have. Compile the information to see if there are more bad or good habits**

COLORS/CODE WORDS

- Pick a color.... every time you see the color, check your lips and tongue position
- Pick a code word...every time you do an incorrect habit, have someone say the code word...for example: "Bunny" each time you pull your lips into an incorrect position or "Buster" each time you are biting your nails.

POINT GAME & REWARD

- Make a list of desired rewards
- Assign value points to each item
- Decide what areas of therapy will earn you points
- Tally the awarded points daily
- Accumulate points toward a small prize or a big prize

1 PT. each time mouth is closed; 10 Pts. Each time exercises completed; 1 Pt. each bite of food correct; 10 pts for awaking mouth closed & on back; etc.

EXAMPLE POINT GAME

Candy Bar-25 points
Movie-75 points
Quizno's-100 points
Sleep over-200 points
New outfit-1000 points
Ice skates-2500 points
$50.00-3000 points
Disneyland/Computer game-5000 points

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Read 5 Minutes...Pick up where you leave off each time
Separate each word.....Enunciate each sound

STOP THAT BALL! By Mike McClintock

I hit my ball. I made it fly. I hit my ball as it went by. It went around and then came back. I gave my ball another whack! I hit it high. I hit it low. I hit so hard the string let go! The string let go. There went my ball. Away up high, out past the wall!

So, I ran fast around the wall. I had to get my big red ball. I saw it jump. I saw it roll, and head right for an open hole. The hole was deep. The hole was black. How could I get my red ball back? What could I do? Say, this was bad?
This was the only ball I had.

And then a man put out his head. "You hit me with your ball!" he said. He was so mad he sent my ball way down the hill. I saw it fall. I saw my red ball take a hop and do you know where I saw it stop? I saw it hop right on a truck. Oh, what a shame! Oh, what bad luck!
The truck went down the hill, and so, I ran as fast as I could go. "Look Here!" I called. I called out, "Say, you must not take my ball away!"

At last the truck came to a stop and my red ball was up on top. I saw the truck back up to dump. The sand came out. I had to jump! The sand came out. So did my ball. I saw it jump and bump a wall.

I saw it jump right in a box. I saw it land on some blocks. And there it sat. I said, "I bet that ball will not be hard to get." Oh! Oh! Now here was something new!
The box went up! My ball went too! It went up high. What should I do?

I just could not sit here and whine. I had to get that ball of mine. "Here is your ball," called out a man. "Now run and get it if you can!" And then he gave my ball a kick. Oh, what a trick! Oh, what a trick!

Now, could I get it? I could try! My dog ran fast and so did I. But not a thing went right that day. That dog of mine got in the way. Then down I went, and so did he.
My ball went on ahead of me.

My ball went on its way. Would things go on like this all day?
A man said, "Stop! Stop! Keep away! Do not go near that hill, I say! We are about to blow it up, so stop right here and hold your pup!"

There was my ball, my only ball. I could not get it after all!
Then, BOOM! BOOM! BOOM! Oh, what a thump! I saw the hill just kind of jump.
And then it shot up in the air and bits of it went here and there.

Where was my ball? Where did it go? I could not see it high or low. Then, there it was! High as a kite! Now I could get my ball all right. I said, "I know it must come down and it will fall somewhere in town. Then I can find it. Yes, I can! And so I ran and ran and ran!

I saw a house on fire ahead. "My ball must not land there!" I said. "For if it does, it's gone forever! And, I will never get it, NEVER!"

But then some water shot up high. It hit my ball and made it fly. Boy, was I happy! This was fine! Now I could get that ball of mine!
It got away from me somehow. My ball was in a ball game now!

It hit the man who sold the pop! It went right on! It would not stop. It went right for the man at bat. I called, "Oh no, do not hit that!"
Then, WHACK! He hit a long home run with my red ball! My only one!

Here came my ball! It hit a tree! And POW, it just about hit me! Then on it went. How could this be? Could this go on all day and night? It could, you know, and it just might! This might go on all night and day! I saw it go another way.

Now who could say where it might land. I saw it head right for a band. I saw a fat man in the band. He had a fat horn in his hand. Oh, what a thing to get into! If it went there, what could I do? Oh, what bad luck! My ball was stuck!

And so the fat man could not play for my ball was in the way. I saw him blow with all his might. Oh, could he blow it out all right? Oh, what a blow! My ball shot out and it was gone...or just about!

I saw my ball head for a gun. And then, oh boy, how did I run! My ball came down, just like a shot. What did it do? Why you know what! I got up on that gun so fast! Now I might get my ball at last. I put my head down in to see, but then a man took hold of me. He took me down. "Get back!" he said. "That gun could blow away your head!"

Then, BOOM! BOOM! BOOM! Oh, what a thump! I saw the gun just kind of jump. It shot my ball up in the air. How high would it go now? And where?
My ball went up high, past the band, the tree, the game, the fire, the sand, the box, the blocks, then past the man, down in the hole, I ran and ran!

My ball was home! I ran so fast! Now I could have my ball at last! And I could put it on the string! I was so happy I could sing! But by the time I got home, too, someone, I do not know just who, had put my ball back on the string. That was a kind of funny thing!

But I was happy anyway. I had my ball and I could play!
I hit my ball. I made it fly. I hit my ball as it came by. It went around and then came back. I gave my ball another WHACK! I hit it high. I hit it low. I saw the string let go! And then, my ball was on its way again! Could this go on all day and night? It could, you know, and it just might!

Read 5 Minutes...Pick up where you leave off each time
Separate each word.....Enunciate each sound

SAM AND THE FIREFLY *BY P.D. EASTMAN*

(Sam is an owl and Gus is a firefly)

The moon was up when Sam came out. "Now is the time for fun," he said. "Whoooo" said Sam, "Whoooo wants to play?" But no one said a thing. Then Sam looked about. The fox was asleep, and the jay was asleep, and the dog was asleep, and the hog was asleep. The sheep was asleep and so was the cow.

Then Sam went down to the lake, but no one was there. All he could see was the moon and the shine of the moon on the water. "It takes two to have fun. "Whoooo" said Sam. "Whoooo wants to play?" But no one said a thing.

Then Sam saw a light. He saw the light hop. He saw the light jump. It went here, it went there. It went on, it went off. But no one said a thing. Then the light hit Sam on the top of his head. The light said, "BOO!" "Who made that boo?" asked Sam. "Who are you?"

I am a firefly. My name is Gus. I have a trick I can do with my light. Look! Look! I can put it on and keep it on, like this. Then Sam saw something new. The firefly made lines with his light. "Say," said Sam, "What a trick. This is new. Oh, the things we can do with a trick like that. Let me show you. Now put on your light and keep it on. Then you do what I do." He said to Gus. Then Sam went up, and Gus went after him. When Sam went down, down went the firefly too.

Where Sam went, Gus went too. Then Sam stopped, and Gus stopped too. "Now just look there," said Sam. "See what we did!" "Why, we made words, big words!" said Gus the firefly. "Sam, I like this game. There are our names, ""Gus and Sam"". This word trick is fun. Come on. Make more words."
So away the two went, Gus after Sam. They made lots of new words. They made fish. They made wish. They made house and mouse. Then fox, dog, cat, yes, no, kangaroo, and thermometer! Sam and Gus made a lot of words.

Then, Sam looked about. He was all-alone! Where was Gus? Then Sam looked down. He saw some cars. And, there was the firefly down by the cars. "Come back here," called Sam. "What are you up to?" What was Gus up to? Gus made some words. Gus made *Go Fast, Go Slow, Go Right, Go Left!* And did those cars go! They went BASH! They went SMASH! Gus did the words that made the cars CRASH!

Oh, what a mess those cars were in. "Dear me!" said Sam. "This will not do. He should not do this. Gus did a bad trick with those words." "Now see here, Gus", but Gus would not see. He would not hear. "YOW WOW! I like to make words, lots of words," he said. "I like this game! Let me be, you old goose, you!" And away he went. "Stop Gus. Stop! Come back." called Sam. "This was a bad trick. Come back here now! Bad tricks are not fun!"

"Oh, go on home," said the firefly. "You old goose. You old hen. What do you know about fun? Good Bye!" and away Gus went. Now Gus did more tricks. He did word tricks on some airplanes. He made them go up. He made them go down. He made them go this way. He made them go that way. Now what a mess the airplanes were in! "No, Gus! No!" said Sam. But Gus did not want to stop. Not yet. This was fun!

Then Gus did his little trick, his one word trick. He did a bad trick. He did it to the hot dog man. He made the word COLD near the top of the stand. The men looked up. They saw what Gus did. "We want our hot dogs hot, not cold! Good Bye!" they said. Gus did not see the hot dog man, the man with the net and the jar in his hand. "Look out!" called Sam. "Look out, Gus! The hot dog man is mad."

"I will get that firefly," said the hot dog man. "I will take him away from here. He will not play another trick on me." Then something hit Gus. He was in a net. Then, Gus the firefly was in a jar! "Let me out!" Gus hit at the walls of the jar. He hopped about. He jumped up and down, but it did no good.

There was no way to get out! Then Gus, in the jar, was in a truck. The truck went away fast. Where could it take him? Would he do more tricks? Would he make more words? Would he have fun again with his light? Would Gus get out of the jar?

Gus did not know it, but Sam was there too. He was nearby in back of the truck. "Oh, what can I do?" said Sam. "I have to get Gus out of that jar, but how? How can I get him out?" Sam was sad. And Gus was sad too. "I should have stopped when Sam said, NO. I was bad. I just had to have fun," said Gus. "I wish Sam were here to get me out."

The truck went on. Then it stopped with a bump! It stopped on some tracks. The truck would not go! The hot dog man got out. Then he looked down the tracks. What did he see? He saw a train coming! Sam saw it too! What would he do? There was just one way to stop that train. Sam went to the truck. He took the jar, the jar with Gus. Then, he let the jar fall. CRASH! And Gus was out! "You can save the truck, Gus. You can stop the train. You know what to do, do it!" said Sam.

And the firefly did it. He made the word, STOP! He did it fast and he did it big. He did it a lot. He made lots of big, STOP words in the sky. "Yow Wow, Gus"" called Sam. "At last you did a good trick." "Look, it says STOP! Look down there. A truck on the track. Stop the train!" The train did stop, and just in time. "What a trick!" they all said. "A good, good trick. Hooray for the firefly. He stopped the train!"
But, Sam and Gus did not hear. They had gone away. Sam looked at Gus as the sun came up. "Now the morning light is here, and no one can see your tricks! It is time we went home to bed," said Sam.

So Sam went back to his home in the tree, and Gus went back to the lake. But night, after night, when the moon comes up, Gus the firefly comes back to play. Outside of Sam's tree he lights up the sky with "GET UP SAM! COME PLAY WITH ME!"

The "T" Story By Elena Melendez, 1986

Tipsy Tina Tott tried to tint her teeth. Her top tooth turned a turquoise tone. Tired Tina tottered into the tiny toy room. Taking her tennis trophy, she tiptoed to the trellis. There she triumphantly talked to a tremendous trunk. She truly tried to tug the trunk. But, tragically, a terrible attack took control. The tiny tip of Tina's toe, teetered tottered.

"Today," Tina told her trained tarantula, "Ted the tailor will take me to Tahiti." Talking to her tarantula, Tom made Tina totally content. "Don't tell Ted, Tom, but t'would be terrific if Ted took me to Texas." T'was ten to ten when Ted the tailor took his T-bird to Tina's tent like townhouse. Tentatively, Tina took her tote and traveled with Ted toward Tahiti.

Tina and Ted were ten miles to Texas when the T-bird tripped to a total stop. "Too bad," Ted told Tina. "Today is Tuesday," Tina told the trembling Ted. "T'will be no troubling traffic to take a trip through Texas. T'was a terrible thought to not be able to travel to Tahiti."

Ted tersely talked Tina into toddling through Texas towns. The two took the twilight time to talk of matrimony. But, the talk took a terrible turn when Tina's terrible temper tantrum took control.

The end to this "T" story.

Ociana by Shayna Gazdziak

Once upon a time there lived a mermaid whose name was Ociana. This pretty little mermaid had a big problem. Her teeth stuck out. She went to the sea doctor and he said, "Ociana, you need to do exercises for your teeth and posture."

Ociana did her exercises every day, 2 times a day. When Ociana sits down to eat, she needs to close her mouth and chew equally on both sides. This sounded so hard, however, Ociana knew her teeth would be so pretty after she was all done with her exercise program.

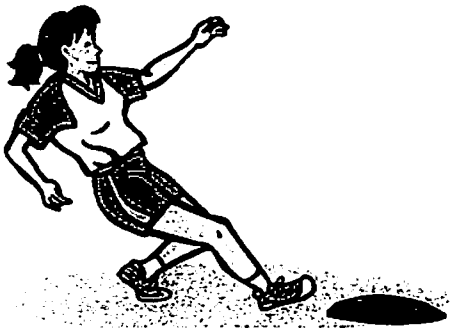
While she was drinking, she had to take a sip, catch it in the tongue and swallow. While she was sitting there eating and drinking, she needed to remember not to lean her head on her hand. It's a bad habit!

"I'm so tired," Ociana said. More exercises! First, when I lie down on my bed, I need to lie on my back with my mouth closed, breathing through my nose.

The next morning there were silly sounds to make, pops, caws, arks, and acks! After awhile, Ociana had learned to do all her exercises until the sea doctor put shiny silver braces on her teeth. All the fishes and whales came to see her beautiful smile. The End

Sammy Senderov: Softball Star

By Quinn Akemon



Once there was a girl named Sammy Senderov who loved to play softball. Sammy would play on all the days of the week. She would play on Mondays, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays. She especially liked to play on a nice summer Sunday. Every softball season she played in an organization called WAGS.WAGS stands for We are Girls Softball. All through the year she waited for spring, when softball season would start. Even though she played with her friends all year long, she couldn't wait to play on a team in spring. She wanted to end the season first in the league which means to win almost every game. She had gotten second in the league and third in the league, but Sammy just couldn't get first. When softball season came it whizzed by. Her team had lost only once and it was the last game. Sammy was playing against a team called the Super Sluggers and her team was called the Sliding Strikers. The other team wasn't kidding around – they played to win. Sammy was nervous. It was the last inning. The Super Sluggers were up by three runs, there were two outs and the bases were loaded. It was Sammy's turn at bat and she was sweating all over. But as the softball came towards her she was sure that she was going to slam it. She was in the zone, a feeling when you know that everything will go your way. The ball was slooooowly coming towards her. She made connection and SLAM! Over the fence home run!!! She ran as fast as she could and slid into home!!! Her whole team was screaming and smothering her. The Sliding Strikers had finished the season first in the league! They all got a trophy that said their names and "First in the League". To all of her friends she became known as "Sammy Senderov: Softball Star".