

# SESSION THIRTEEN

(HABITUATION PHASE)



| TECHNIQUES   | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| <b>REMINDER SPOT</b><br>(LIPS CLOSED)<br>30 MINUTES 1X A DAY   |       |       |       |       |       |       |       |
| <b>TONGUE TOOTH TOUCH</b><br>TONGUE TO UPPER R THEN L MOLAR<br>10X, THEN LOWER R THEN L MOLAR<br>10X REPEAT 10X 2X PER DAY   |       |       |       |       |       |       |       |
| <b>ABC'S</b><br>WRITE THE ABC'S IN CAPITAL LETTERS<br>ON THE ROOF OF MOUTH USING<br>YOUR TONGUE. 2X PER DAY  |       |       |       |       |       |       |       |
| <b>BOOK WALK</b><br>2X PER DAY   |       |       |       |       |       |       |       |
| <b>FIGURE 8 LIP TRACE</b><br>MOVE TONGUE TRACING A FIGURE 8,<br>CROSSING THE MIDLINE IN FRONT OF<br>THE TEETH. PERFORM 15 TIMES EACH<br>DIRECTION. 10X 2X PER DAY  |       |       |       |       |       |       |       |
| <b>GIDDY-UP SLURP &amp; SWALLOW</b><br>BITE LIGHTLY BACK TEETH, KEEP LIPS<br>OPEN. SNAP THE TIP OF TONGUE<br>MULTIPLE TIMES AGAINST THE "SPOT".<br>TONGUE POPS, SLURP AND<br>SWALLOW. 10X 2X PER DAY                 |       |       |       |       |       |       |       |
| <b>MOVE THAT TUBE</b><br>PLACE A TUBE IN THE UPPER<br>VESTIBULE BEHIND FRONT TEETH<br>AND CLOSE LIPS. MOVE THE TUBE TO<br>THE LOWER VESTIBULE, KEEPING<br>YOUR LIPS CLOSED, MOVE BACK AND<br>FORTH. 2 MINUTES 2X/DAY |       |       |       |       |       |       |       |