Oral Motor Tools for Kids

Bubble Blowers & Whistles

While breathing in and out, your child is working on deep respirations which strengthens their posture muscles and can be calming for the mind and body.

Why We Love It

- Use as a preparation activity before eating
- Deep breathing is good for digestion
- Breathwork prepares for mindful eating
- Works on lip closure
- Practices ‘suck-swallow-breathe’ pattern

Z-Vibe

With a variety of different attachments including animals, tubes, spoons, and probe tips the Z-Vibe can be used with the vibration on or off.

Why We Love It

- ‘Wake up’ your child’s mouth (increases awareness)
- Alleviates drooling and overstuffing
- Introduces new textures and shapes
- Can be soothing when teething

NUK Brush

The NUK brush is shaped like a toothbrush with a soft silicone probe at the end.

Why We Love It

- Introduction to teeth brushing
- Increases mouth awareness
- Great for oral motor massage
- Can be an initial spoon for babies

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Jiggler

A vibration tool with a variety of large animal attachments. Jigglers are great for increasing sensory awareness of the jaw and lips, help improve lip closure and reduce muscle tightness.

Why We Love It

- 4 different animals have their own textures, shapes, and surfaces
- Teaches lip rounding
- Great for sensory exploration
- Wings can be used as a utensil

Chewies

Chewies come in all shapes, sizes, and textures. Some are hollow, some are solid, and some even vibrate!

Why We Love It

- Promotes resistive and chewing biting skills
- Promotes tongue movement
- Increases self-regulation
- Reduces teeth grinding

Learn more at

myresourceplace.com

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