



ORAL MOTOR GROCERY LIST*

Strengthen Suck and Blow:

(Note: Sugar is not good for droolers. Citrus facilitates sucking.)

- | | | |
|---|--|--|
| <input type="checkbox"/> Applesauce (+ Apple Juice) | <input type="checkbox"/> Fresh Orange Wedges | <input type="checkbox"/> Lemonade |
| <input type="checkbox"/> Caramel Suckers | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Lick-un-ade |
| <input type="checkbox"/> Charleston Chews | <input type="checkbox"/> Grapefruit Wedges | <input type="checkbox"/> Milkshakes |
| <input type="checkbox"/> Cran Juices | <input type="checkbox"/> Jello Cubes | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Flat Sugarless Candy | <input type="checkbox"/> Juice Bars | <input type="checkbox"/> Popsicles |
| <input type="checkbox"/> Food Dips (variety) | <input type="checkbox"/> Juice Smoothies | <input type="checkbox"/> Puddings (+ Milk) |

Increasing Jaw Control: Facilitate Munch and 3-Dimensional Chew:

MUNCH-CRUNCH

- Apples
- Carrot Sticks
- Cheerios
- Chips
- Corn Curis
- Graham Crackers
- Granola
- Pickles
- Pretzels
- Popcorn

- Raw Veggies
- Sweet Tarts
- Toast

- Gummy Worms
- Jerky
- Lemon Drops
- Licorice Sticks
- Long Suckers
- Marshmallows
- Oranges
- Slim Jims
- Raisins
- Skittles
- Sugarless Gum

CHEW

- Bubble Gum
- Cheese
- Dried Fruits
- French Fries
- Fruit Roll Ups
- Gummy Bears

Non-Food Items:

- Balloons
- Blowers
- Bubbles
- Cheesecloth

- Cotton Balls
- Exer-tubing®
- Harmonicas
- Latex Squeezies
- Pinwheels
- Sports Bottles

- Straws Long
- Straws Silly
- Straws Short
- Straws Thin
- Straws Wide
- Thera-band®

Arousal/Alerting

- Atomic Fire Balls
- Hot Tamales
- Hot Gum Balls

- Ice Chips
- Red Hots
- Sour Fruit Popsicles
- Sour Gum Balls

- Sour Straws
- Tear Jerkers
- War Heads

*Thanks to Suzanne Wilkinson, OTR/L of Orlando, Florida for the "grocery list" idea.

- Suck to promote trunk flexion
- Blow to promote trunk extension
- Bite to promote jaw, neck, shoulder, pelvic stability
- Crunch and chew to promote balanced stability/mobility in jaw, neck, shoulder, pelvis
- Suck to promote near vision with binocular lock

- Blow to promote far vision with binocular lock
- Bite, crunch, chew, suck, blow to promote eye hand function
- Suck to promote sounds produced at the back of the mouth (k, g)
- Blow to promote sounds that require graded air flow (f, s, sh, ch, z, n, h, etc.)
- Bite and suck to promote sounds produced at front of mouth (b, d, m, p, t)