

Oral Placement Therapy
for Children with Down Syndrome



TALKTOOLS®

Improving the Quality of Life for Those With Disabilities

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TalkTools Instructor

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About Me

- 21 years as an SLP
- 15 years direct work with DS community
- Down Syndrome Connection of the Bay Area – Northern California
- Live and Virtual Therapy & Feeding Classes



- TalkTools Instructor
- Therapist / Parent Mentorship
- Mother, Wife, Business Owner

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Let's meet you!



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Why am I doing this class?

To teach why an Oral Sensory- Motor approach is important for children with DS

To create speech opportunities in your home TODAY.

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The Sensory-Motor Connection

Differences in Sensation

Low Muscle Tone

Low Muscle Strength

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Dissociation

Tongue

Lips

Jaw

Dissociation: The separation of movement, based on stability and adequate strength, in one or more muscle groups

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Speech Development

- Children with DS can have delayed onset of speech production.
- Sound development is based on muscle development.
- Muscle development is based on feeding development.
- Target sound development from early to latest.
- Ensure the movement you are targeting is correct.

Age	Sounds
Age 1	p b m n
Age 2.5	h w d
Age 2.5	g k f t n g y
Age 2.5	v s z l sh ch j
Age 3	r zh
Age 3.5	voiced th
Age 4	voiceless th
Age 5.5	
Age 5.5	
Age 5.5	

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Oral Placement Therapy

- For individuals who do not progress from traditional or phonological methodology
- Disorders of muscle strength and tone (OPD)
- Cannot respond accurately to "Look at me and say what I say"
- Implementation of therapy tools, providing tactile cue to shape oral placements into speech sound production*
- Once imitation occurs, traditional methods should be implemented

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How is a Sound Made???

Airflow **Voicing** **Oral Placement**

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The activity: /h/ on hand w/wo nose plug

Airflow:
/h/
sound

When you can exhale voluntarily it makes an /h/ sound!!!

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A Multidimensional Comprehensive
Speech Program

from "Vowels to Conversation for All Ages: © Diane Bahr, 2019

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Vowels
Require
Significant
Jaw
Grading

	Front Vowels, Spread Lips	Mid Vowel, Neutral Lips	Back Vowels, Round Lips
High Jaw	Éé (ee) – eel IPA: i BB #2		Üü (oo) – food IPA: u JCT #1 (smallest)
	Īī – it IPA: I BB #3		Ûü – put, book IPA: U JCT #2
Mid Jaw	Ăă (ai) – aim IPA: e BB #4	ʌə (uh) - puh IPA: ʌ or ə BB #4	Óó (oa) – oat IPA: o JCT #3
	Èè – ed IPA: e BB #5		Aw – paw IPA: o JCT #4
Low Jaw	Ăă – at IPA: æ BB #6		Óó (ah) – bah IPA: a JCT #5 (next to largest)

IPA = International Phonetic Alphabet | BB = Bite Block | JCT = Jaw Closure Tube

A Multidimensional Comprehensive Speech Program:
From Vowels to Conversation for All Ages ©Diane Bahr, 2019

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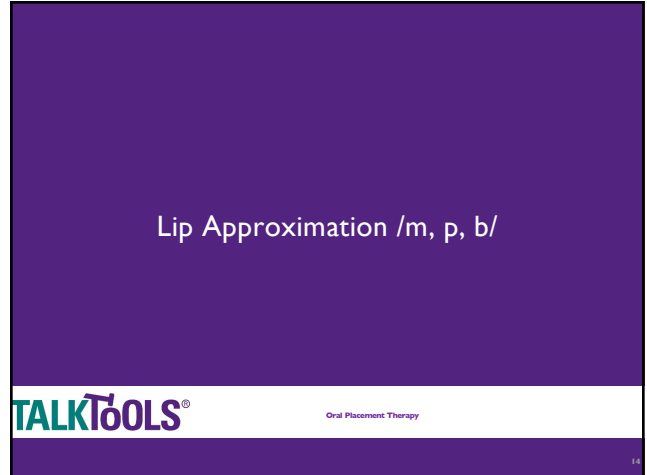
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1) Jaw Grading Bite Blocks 2) Jaw Closure Tubes

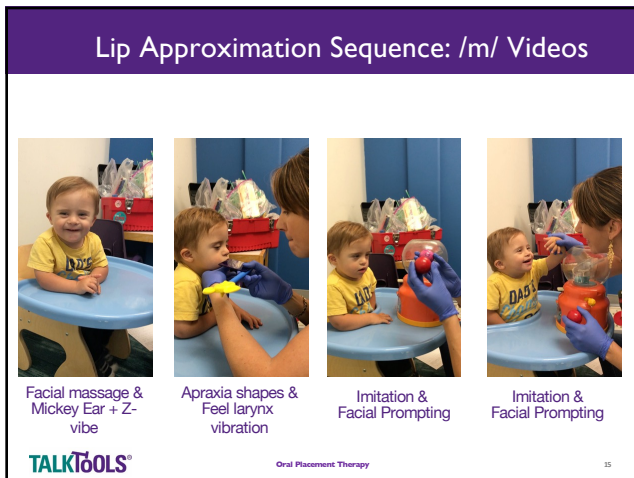
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Lip Approximation /m, p, b/

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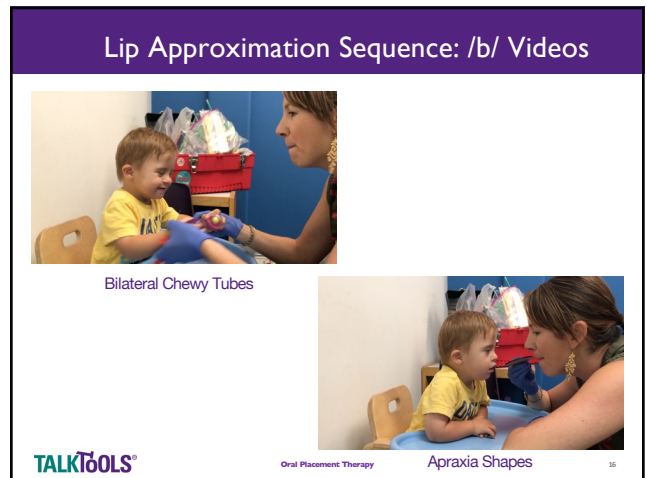
Lip Approximation Sequence: /m/ Videos

Facial massage & Mickey Ear + Z-vibe Apraxia shapes & Feel larynx vibration

Imitation & Facial Prompting Imitation & Facial Prompting

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Lip Approximation Sequence: /b/ Videos

Bilateral Chewy Tubes

Apraxia Shapes

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Lip Approximation Strategies /m, p, b/

- Facial/ Lip massages/ myofascial release / Beckman
- Side Spoon Feeding (+/- Vibration)
- Flat tools: maroon spoon, mickey ear, tongue depressor, vibrating spoon
- Apraxia Shapes
- Chapstick
- Humming
- Facial cuing / Prompt

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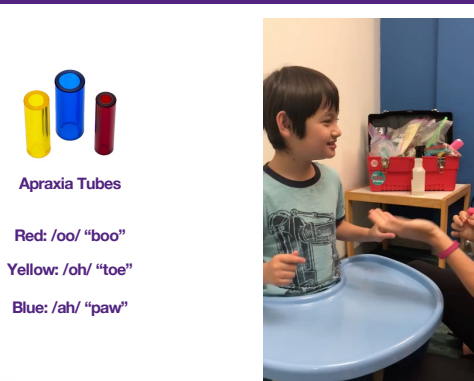
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Lip Rounding /oo, oh, w/

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Lip Rounding



Apraxia Tubes

- Red: /oo/ "boo"
- Yellow: /oh/ "toe"
- Blue: /ah/ "paw"

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Lip Rounding Strategies

TALKTOOLS® Techniques to Improve Lip Mobility for Articulation Success 20

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Lower Lip Retraction /f, v/





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Lower Lip Retraction Sequence: Video




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Lower Lip Retraction Strategies

- Cheerio Lip or ½ cheerio lip
- Facial Cuing/ Prompt




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Tongue Retraction & Elevation /k, g/



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Tongue Back Elevation: Video

Facial Prompting
B-AH-E-K (Bike)



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Tongue Back Elevation Strategies

Lay on back and hold tongue tip down

Tongue depressor, Toothbrush

Facial Cue/Prompt under base of neck pushing up back base of tongue

Talktools Straw Kit

Spoon Slurp

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Tongue Tip Elevation /t, d, n, l/

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Tongue Tip Elevation: Videos



/L/ sound practice using a bite block for jaw dissociation/stability

Holding tongue tip to the spot behind the upper teeth



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Tongue Tip Elevation Strategies

- Tongue Tip Lateralization with chewing
- Tongue Tip Elevation Tool
- Facial Cue/Prompt under chin
- Tongue Hugs to achieve point
- Tongue tip to spot / myo spot

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Become a Speech Sound Detective



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Become a Speech Sound Detective

- 1) Produce the sound yourself in the mirror.
- 2) Watch your child produce the sound.
- 3) Determine what's different.
- 4) Be creative in helping your child to move their mouth the way yours does.

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Just to Review...

- Help children acquire sounds in the developmental order.
- Always address **jaw strength and grading** while / before addressing **lip/cheek/tongue dissociation**
- Oral Placement Therapy helps a child feel, make, and place speech sounds.

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How can I find a therapist near me?

- 1) <https://talktools.com/pages/locator> (TalkTools Therapist Locator)
- 2) Contact your local DS group or your local tongue tie group and ask for an “Oral Motor Therapist” (Speech Pathologist) – (you do not want a Myofunctional therapist at this point)
- 3) If you don't have a therapist near you, you can contact someone within your state to see if they provide online therapy.
- 4) Therapist Mentorship and / or family consultations with Heather.



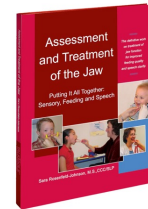
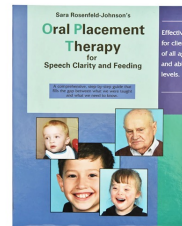
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Oral Placement Therapy Resources



www.talktools.com

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Tools

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- Apraxia Shapes
- Apraxia Tubes
- TalkTools Progressive Jaw Closure Tubes
- Jaw Grading Bite Blocks
- TalkTools Sensi
- TalkTools Sensi tongue depressor
- Tongue Tip Lateralization and Elevation Tools
- Lip Gym
- Button Hierarchy
- TalkTools Straw Hierarchy
- TalkTools Horn Hierarchy
- TalkTools Bubble Hierarchy
- TalkTools Bite Tube Hierarchy
- TalkTools Toothies / Tiny Toothies
- Myo Spots (www.myospots.com)
- TalkTools textured spoon
- Ark's Animal Tip (Mouse Tip) (www.arktherapeutic.com)

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Further Classes to Consider

www.talktools.com

Parent Code:
50PARENT

- Teaching Vocalization on Command
- Choosing Words Wisely
- /r, l, s, th, f/ Challenges and Solutions
- Solutions to the Pesky Lisp
- 3 Part Treatment Plan for OPT
- Taking your Client with ASD from Non-Vocal to Verbal
- Sensory Motor Approach to Apraxia

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Virtual 6-Week Speech Development Class



- This live class for parents of children with Down syndrome is taught online for 6 weeks (1 hr per week).
- In addition, there will be a weekly, live online open discussion group to ask questions / share videos.
- Each week we will focus on a different topic.
- Classes will be recorded in case you can not attend live.

Week 1: Taking a deeper look at Oral Structure, Muscle Function and the Sensory System
Week 2: Evaluating My Child's Speech Production
Week 3: Starting an Oral Sensory-Motor Program at Home
Week 4: Continuing an Oral Sensory-Motor Program at Home
Week 5: Teaching My Child to Produce: Vowels, /p, b, m, h, w/
Week 6: Teaching My Child to Produce: /t, d, n, l, k, g/

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Virtual 6-Week Speech Development Class



- Classes start Tuesday October 1, 2024 at 11am PST and will run for 6 weeks, ending on November 12, 2024. (no class on October 22nd)
- Weekly open discussion groups will be held on Fridays at 11am PST.
- Fee: \$400
- **Those who sign up before September 4th will receive a \$100 discount. (\$300)

REGISTER HERE

Sign up at:
www.happykidstherapy.com/speech-class

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Did I win???? (drumroll please!)




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