

# Oral Motor Therapy Planning Guide

	<b>Taste/Smell</b>	<b>Oral Motor</b>	<b>Oral Texture</b>	<b>Tactile/ Proprioception</b>
<b>Level 1 More Calming</b>	<b>Sweet</b> Ex: hard candies, syrupy drinks - Cokes, Koolaid, sweet juices, puddings	<b>Suck/Blow</b> Ex: using various sized straws or nipples for bottles or tippy cups, blow bubbles, blow toys	<b>Pureed</b> Ex: baby foods, puddings, oatmeal	<b>Joint/muscle activity cool to neutral warmth</b> Ex: gentle stroking around lips and along jaw, slightly cool to neutral or room temp foods/drinks
<b>Level 2</b>	<b>Salt</b> Ex: salty foods, popcorn, chips, tomato sauce based foods like spaghetti/ravioli	<b>Bite/Crunch</b> Ex: chips, crackers, cookies, toast	<b>Soft foods with texture</b> Ex: pasta type foods, smashed foods from family meals	<b>Deep pressure Moderate temperature</b> Ex: pressure to the TMJ and along jaw line, joint compressions to head, neck, shoulders, spine
<b>Level 3</b>	<b>Sour</b> Ex: fruit juices such as orange juice with more tangy/tart tastes, various fruits, powdered jello mix	<b>Chew</b> Ex: licorice, starbursts, gummy bears, meats	<b>Normal diet</b>	<b>Touch pressure Moderate temperature</b> Ex: light touch along jaw/TMJ and lips
<b>Level 4 More Arousing</b>	<b>Bitter</b> Ex: liquid smoke, marinades	<b>Lick</b> Ex: popsicles, lollipops, cake batter	<b>Normal diet</b>	<b>Light touch Extreme temperatures - hot/cold</b> Ex: cotton candy, whipped cream, ice cream