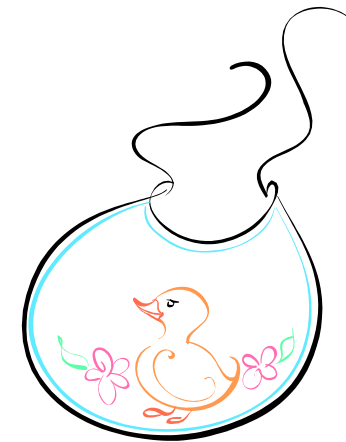


## Early Years Speech and Language Therapy



If you are concerned about your child's speech and language development, please talk to your Health Visitor or GP.

For more information visit:  
Speech & Language Therapy Early Years webpage;  
<https://clch.nhs.uk/services/speech-and-language-therapy-children>

or call...

Children's Complex Care and Speech and Language Therapy Admin Hub: 020 7266 8777  
(Lines open 8am to 8pm, 7 days a week)

**Does your child dribble/drool?**

## Parents guide to Saliva Control

**Dribbling normally subsides around 15 -18 months but it is not until is 4 years that it is considered a concern.**

Here are a few ideas to help:



- **Teeth Cleaning:** Remember to clean your child's teeth after each meal to keep the mouth clean and fresh. This will also improve awareness in the mouth.
- **Towelling wrist bands:** These are easier for a child to wear than carrying a tissue. Encourage the child to dab his/her chin when it becomes wet.
- **Mouth play:** Give children the opportunity to use their mouths in the following play activities.

### Ideas to practise blowing/sucking:

**Bubbles** are great if your child is old enough to blow them. Let your child try out different shapes and sizes of 'blowers'.

**Tissue paper** – Cut out shapes from tissue paper, and practise blowing them, and have races etc.

**Straws** – play games blowing through straws of different sizes. Blow into a glass of water. Encourage your child to use a straw sometimes when having a drink.

**Sucking** a milkshake, ice cream or smoothie up a straw is very good 'mouth exercise'!

Other blowing games use: whistles, trumpets, blow pens, blow football. Vary the above games by doing long/short blows, strong/gentle, loud/soft blows or a combination.

### Ideas to practice lip shapes:

**Silly faces** - sit down with your child in front of a mirror and pull silly faces together. Try making noises while you do this.

**Lipstick** – Help your child put on lipstick and then take it turns to kiss a clean sheet of paper. Most children enjoy this!

**Stories** – Make up stories about happy and sad people, animals with big/little mouths (for example a lion roaring and a fish making bubbles). Act out these stories in front a mirror.

### Ideas to practise licking games:

**Ice lollies** – get your child to lick them

**Lick and stick paper shapes** (like stamps) – make different pictures.

