

Tips for a Successful Mealtime

Activities to get mouths ready for meals

Mealtime can be easier when you help your child become more aware of the parts of their mouth.

Here are some fun games to play with your child to get their mouth moving:

- Blowing bubbles or whistles
- Use “crazy straws” to drink water or milk. These are straws that are bent in fun ways.
- Tickle their cheeks and lips to help “wake up” their face.
- Sucking thick liquids through a straw.
- Chewing on chewy tubes. Chewy tubes are toys that are specially made for kids to chew on.
- Make silly faces together in the mirror (stick out your tongue and move it all around, puff out your cheeks, make kissy faces, stick your tongue between your lips and blow to make silly sounds!)
- “Snowball Transfer” – Using a straw, suck air through the straw while picking up a cotton ball and then placing it in a different container.
- “Table -football” - Blow a small, crumpled piece of paper towards the “goal” (can be the end of a table or a smaller target to make it harder). You can use just your mouth or a straw to blow through.
- “Blow art” – Dip the end of a straw in paint and blow through the straw onto paper to make splatter art.



If you need more information and tips, please contact the Rehabilitation Department at 323-361-2118.

Ask for your child's feeding therapist (OT or ST) _____ (name).