



Oral Motor Protocol

The Oral Motor Protocol is a 2 minute protocol designed to improve sensory and physical awareness of the mouth. It helps those who are sensitive to sensory input and those who have weak oral motor muscles. Any oral motor probe with ridges will work, Alexander and Associates uses the Ark Therapeutic oral motor probe. **Do not let your child chew on oral probe.** Although safe to chew, the oral motor probe can be a choking hazard if the child uses unsupervised, and is intended to be a therapeutic device.

1. Take your index and middle finger and stroke from base of ear to corner of the mouth 5 times.
2. Use thumb and index finger to complete "lip wiggles" to upper and lower lips, 5 times each.
3. Swipe oral motor probe up and down within cheeks 5 times each cheek.
4. Swipe oral motor probe under upper lip and lower lip, 5 times each.
5. Press the probe right behind front teeth on the roof of mouth (alveolar ridge) for 5-10 seconds.
6. Swipe the probe 1 time on the tongue, starting at the middle of the tongue and swiping forward to the tip of the tongue.

Do not complete until your therapist has demonstrated the oral motor protocol for you. Complete before each meal for best results.



Wilbarger Brushing Protocol

The Wilbarger Brushing Protocol is a 3 minute therapeutic program designed to reduce sensory or tactile defensiveness. Children with symptoms of tactile defensiveness are sensitive to touch, have difficulty wearing clothing items, have difficulty with transitions, and may become tired quickly through the day. To complete, you need a Wilbarger brush, or a soft bristle brush. This protocol starts with arms and then legs. Do **not** complete protocol on sensitive areas including face, chest, and stomach as they may cause adverse reactions, such as vomiting.

1. Holding child's hand, use Wilbarger Brush to brush child's arm with firm pressure, working around the arm brushing from shoulder to wrist 10 times. Then brush hand 10 times.
2. While still holding child's hands, move around to brushing up and down their back, 10 times.
3. Complete step 1 on other arm.
4. Hold child's ankle, brush legs from mid-thigh to ankle, complete all the way around the leg 10 times. Brush top and bottom of foot 10x.
5. Complete step 4 on other leg.
6. Gently do joint compressions to shoulders, elbows, wrists, fingers, knees, and ankles. This can also be achieved with 10 wall push ups and 10 jumping jacks.

Complete protocol every 2 hours while awake for best results, or at least 2 times a day. Do not complete Wilbarger brushing protocol until your therapist has demonstrated this for you.