



ORAL MOTOR GROCERY LIST*

Things to Suck:

- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Jello Cubes | <input type="checkbox"/> Juice Smoothies |
| <input type="checkbox"/> Caramel Suckers | <input type="checkbox"/> Juices, Tart | <input type="checkbox"/> Lemonade |
| <input type="checkbox"/> Charleston Chews | <input type="checkbox"/> Cran | <input type="checkbox"/> Lick-um-ade |
| <input type="checkbox"/> Flat Sugarless Candy | <input type="checkbox"/> Lemonade | <input type="checkbox"/> Milkshakes |
| <input type="checkbox"/> Food Dips (variety) | <input type="checkbox"/> Apple | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Fresh Orange Wedges | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Popsicles |
| <input type="checkbox"/> Grapefruit Wedges | <input type="checkbox"/> Juice Bars | <input type="checkbox"/> Puddings (+ Milk) |

Things to Munch or Crunch

- | | | |
|--|---|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Raw Veggies | <input type="checkbox"/> Jerky |
| <input type="checkbox"/> Bread Sticks | <input type="checkbox"/> Sweet Tarts | <input type="checkbox"/> Lemon Drops |
| <input type="checkbox"/> Cheerios | <input type="checkbox"/> Toast | <input type="checkbox"/> Licorice Sticks |
| <input type="checkbox"/> Chips | | <input type="checkbox"/> Long Suckers |
| <input type="checkbox"/> Corn Curls | Things to Chew | <input type="checkbox"/> Marshmallows |
| <input type="checkbox"/> Graham Crackers | <input type="checkbox"/> Bubble Gum | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Granola | <input type="checkbox"/> Cheese | <input type="checkbox"/> Slim Jims |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Dried Fruits | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Pickles | <input type="checkbox"/> French Fries | <input type="checkbox"/> Skittles |
| <input type="checkbox"/> Pretzels | <input type="checkbox"/> Fruit Roll Ups | <input type="checkbox"/> Starbursts |
| <input type="checkbox"/> Popcorn | <input type="checkbox"/> Gummy Bears | <input type="checkbox"/> Sugarless Gum |
| <input type="checkbox"/> Rice cakes | <input type="checkbox"/> Gummy Worms | |

Intense Tastes and Temperatures*

*See also "Things to Suck"

- | | | |
|---|---|---|
| <input type="checkbox"/> Atomic Fire Balls | <input type="checkbox"/> Hot Tamales | <input type="checkbox"/> Sour Gum Balls |
| <input type="checkbox"/> Carbonated Beverages | <input type="checkbox"/> Hot Gum Balls | <input type="checkbox"/> Sour Straws |
| | <input type="checkbox"/> Ice Chips | <input type="checkbox"/> Tear Jerkers |
| | <input type="checkbox"/> Red Hots | <input type="checkbox"/> War Heads |
| | <input type="checkbox"/> Sour Fruit Popsicles | |

Non-Food Items:

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Balloons | <input type="checkbox"/> Exer-tubing® | <input type="checkbox"/> Straws, Silly |
| <input type="checkbox"/> Blowers | <input type="checkbox"/> Harmonicas | <input type="checkbox"/> Straws, Short |
| <input type="checkbox"/> Bubbles | <input type="checkbox"/> Latex Squeezies | <input type="checkbox"/> Straws, Thin |
| <input type="checkbox"/> Cheesecloth | <input type="checkbox"/> Pinwheels | <input type="checkbox"/> Straws, Wide |
| <input type="checkbox"/> Cotton Balls | <input type="checkbox"/> Sports Bottles | <input type="checkbox"/> Thera-band® |
| | <input type="checkbox"/> Straws, Long | |

*Thanks to Suzanne Wilkinson, OTR/L of Orlando, Florida for the "grocery list" idea.



- | | |
|--|--|
| -Suck to promote trunk flexion | -Blow to promote far vision with binocular lock |
| -Blow to promote trunk extension | -Bite, crunch, chew, suck, blow to promote eye hand function |
| -Bite to promote jaw, neck, shoulder, pelvic stability | -Suck to promote sounds produced at the back of the mouth (k, g) |
| -Crunch and chew to promote balanced stability/mobility in jaw, neck, shoulder, pelvis | -Blow to promote sounds that require graded air flow (f, s, sh, ch, z, n, h, etc.) |
| -Suck to promote near vision with binocular lock | -Bite and suck to promote sounds produced at front of mouth (b, d, m, p, t) |

From: *MORE: Integrating the Mouth with Sensory and Postural Functions*. Oenter, Richter, Frick, 1995. Reprinted with permission from PDP Press, Inc. Revised 1996.