

Oral Mouth Massage Techniques

(Most Important Part of Speech Delay Child)

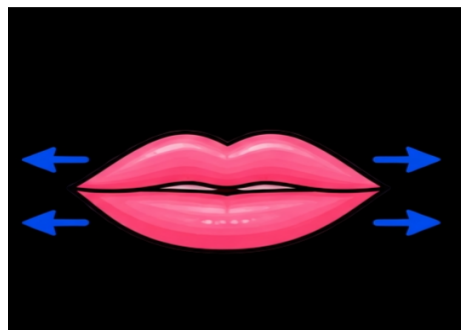
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Oral Mouth massage helps to improve muscle strength , tone, coordination and sensory awareness of lips, cheeks, tongue and jaw. It improves oral awareness and is very important for Children with Speech Delay.

Techniques

1. Lips Massage

- Use a clean finger.
- Gently massage the upper lip from centre to corners.
- Then lower lips from centre to corners.
- Do small circular movements.



Focus Area : Upper Lips Lower Lips Corner of The mouth

Benefits : Improves lips strength and movement. Help in sounds like P,B,M.

2. Cheek Massage

- Place your finger on both cheeks.
- Make circular movements from nose towards ears
- Apply light pressure.

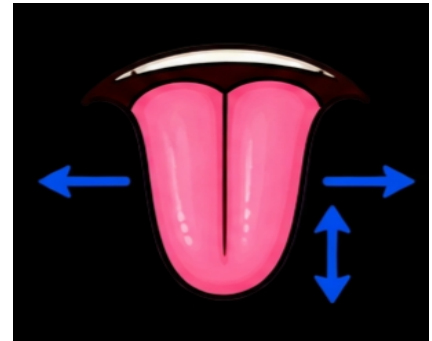


Focus Area : Cheeks (Inside & Outside)

Benefits : Improve Cheeks tone and control.
Help in Chewing and blowing.

3. Tongue Massage

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- Ask the child to open mouth.
- Use clean fingers or tools.
- Gently move on the tongue in circular and side to side movements.



Focus Area : *Tongue (Top, side and Bottom)*

Benefits : *Improve Tongue strength and mobility. Help in sounds like T,D,L,N,S.*

5. Jaw Massage

- Place hands on both sides of the jaw.
- Gently massage up and down.
- Then move in circular motions near the ears.



Focus Area : *Jaw muscle and joints*

Benefits : *Relaxes jaw muscles , Improves jaw movements .Help in opening and closing mouth.*

Be Regularly 1-2 times daily Before Speech Therapy

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Notes :

1. Use clean Hand & Soft tools.
2. Apply Light Pressure.
3. Watch Child's Comfort.
4. Make it Part of Daily Routine.
5. Be gentle, patient and consistent.