

Does Your Child Dribble?

Try to dab your child's mouth rather than wipe. This stops saliva glands getting stimulated and producing more saliva.

Encourage open cups rather than bottles, to stimulate more mouth movements and reduce saliva.



Limit the time your baby uses a dummy. Babies who use a dummy will often have their mouth open, causing more dribbling.

Use a bib to stop your child's chest staying wet during the day.

- ★ It is normal for children to dribble or drool in the first 2 years. This can often be due to teething.
- ★ Excessive dribbling can be linked to allergies. Ask your health visitor for more information.
- ★ If your child is older and continues to dribble, you may want to see your GP or Health Visitor for further advice.

For older children, exercises don't really help, nor does prompting a child to 'swallow'. Instead, we can help increase a child's self-awareness of dribble:

- As you play together, comment on what you are doing to control your saliva. E.g. "my lips are closed. My dribble can't escape", "I can feel my mouth filling up, I need to swallow", "My mouth is empty now", "My chin is nice and dry because I swallowed".
- This encourages the child to think about their own saliva control. Praise them when they copy your actions to control their saliva. e.g. "well done for swallowing. That will keep your chin dry. It won't get sore".
- Gradually increase the number of minutes of activity that you do this for, and decrease the number of prompts you need to give the child.