

Abilitations

Finger Cots Product Guide

by Sue Wilkenson, OTR/L



Introduction

Create playful, joyful experiences in a child's mouth, while performing oral-motor exercises with ease! Finger Cots are worn over the latex or non-latex gloves that you use for work in the oral-facial area or inside the mouth.

The comfortable low-pile terrycloth was researched to be the most soothing texture inside the mouth. So, minimize the noxious tactile input of your gloves, and maximize children's compliance with the sweet Finger Cot faces! They are terrific for children who have oral-facial defensiveness, and even enjoyed by children who don't have sensory issues. Create your oral adventure today, or select from the activities in this guide!

Uses and Activities

Applications of Finger Cots

Finger Cots can be used over gloved fingers, or on oral motor tools such as Nuk brushes, ChewEase, tongue depressors, Z-vibes, Beckman's E-Z Spoon, Oral Probe, Chewy Tubes, bite sticks, The Grabber, etc. When using with oral-motor tools, you must secure the Finger Cot with an adult finger or an orthodontic rubber band.

Finger Cots should be used with constant adult supervision.

Finger Cots can be used inside the mouth, wet or dry, with or without flavors or temperatures. Your assessment of the child's oral sensory needs will be key in the treatment approach you select using the fabulous Finger Cots.

Note: Finger Cots clean with one part bleach to 10 parts water, as the guidelines by the American Speech and Language Association suggests. However, the use of staining juices (such as grape juice) may discolor the fabric.

Key Concepts In Oral Motor Treatment

Whether your oral motor goals are related to eating or speech, it is important to remember:

- Eating is a sensory AND motor experience.
- Speech is a sensory AND motor experience.

One of the best ways to prepare the child's mouth and face for an oral-motor experience is to use vibration, if there are no medical restrictions. When children can control the amount of tactile and proprioceptive input that is placed on the face and mouth, through self-initiated play and exploration, they almost always select the amount of input that minimizes oral defensiveness or improves registration in children that are orally hyposensitive to tactile input. We adore chewable vibration such as the Jiggler™ characters that have continuous "on" vibration as a precursor to the child's oral-motor session.

The following general suggestions may help you select the appropriate match for your child's sensory state as you use Finger Cots:

Children Hyper-Responsive To Oral-Facial Input:

- Temperature: neutral warmth
- Flavor: slightly sweet
- Aroma: vanilla, sweet apple, etc.
- Moist enough for suck-swallow-breathe

Children Hypo-Responsive To Oral-Facial Input:

- Temperature: extreme cold. Wet Finger Cot can be frozen.
- Flavor: try sour or bitter
- Aroma: intense sour or spice, such as lemon concentrate or hot cinnamon
- Texture: add grains such as sour crystal grainy powders



Activities

Use Finger Cots to:

- Give deep-pressure animal "kisses" to the cheeks, upper lip area, and chin.
- Have the animal "count" teeth while applying deep pressure to gum ridge on top and bottom.
- Perform Beckman's stretches while using the comfortable texture to provide positive tactile experiences for the child.
- Enhance oral praxis by making animal faces and sounds such as: cluck like a duck; monkey lips; frog tongue goes up/down/out, and side-to-side; stuff cheeks like a bear etc.
- Have animal "hide" food inside the child's mouth. For example, duck hides fish crackers, bear hides gummy bears, monkey hides banana-shaped runts, frog hides gummy worms, etc.
- Have the animal "paint" parts of the child's mouth with fluids such as white grape juice, sour citrus, sweet apple, etc.
- See if child can "suck" the juice off of the bear, monkey, frog, or duck.
- Slip the bear over a chewable tool, and have the child use "bear teeth" to bite the bear.
- And, other ideas that you and your child invent!

Our Favorite Resources

Books

- *Beckman's Book of Oral-Motor Technique*, by Debra Beckman, SLP
- *M.O.R.E. Integrating the Mouth With Sensory and Postural Functions*, by Patricia Oetter, OTR, Eileen Richter, OTR, and Sheila Frick, OTR
- *Mouth Madness*, by Catherine Orr, OTR
- *Oral Motor Assessment And Treatment*, by Diane Chapman Bahr
- *Oral Motor Exercises For Speech Clarity*, by Sarah Rosenfeld-Johnson, SLP
- *Oral Motor Techniques in Articulation & Phonological Therapy*, by Pam Marshalla, SLP
- *Out of The Mouths of Babes — Discovering the Developmental Significance of the Mouth*, by Patricia Oetter, OTR, Eileen Richter, OTR, Sheila Frick, OTR, and Ron Frick, Parent
- *Pre-Feeding Skills*, by Suzanne Evans Morris, SLP and Marsha Dunn, OTR
- *The Out-Of-Sync Child*, by Carol Stock Kranowitz

Supplies

Integrations: visit www.integrationscatalog.com or call 800.622.0638

Abilitations: visit www.abilitations.com or call 800.850.8602

Tools

Jigglers™ Oral Facial Vibrators

ChewEase

Z-Vibe Oral Facial Vibrator

Beckman's E-Z Spoon

Oral Probe

Chewy Tubes

