

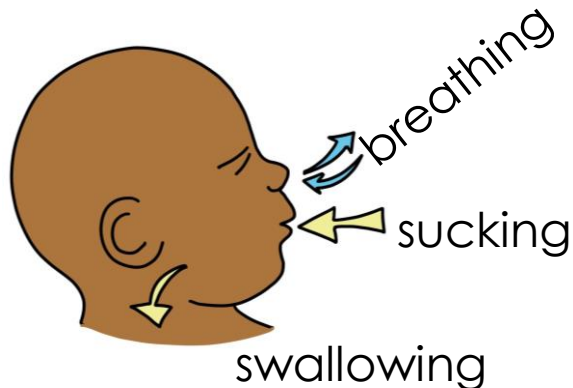
# OROFACIAL SENSORY-MOTOR STIMULATION (OSMS)



RISEinFAMILY

Premature, small and sick babies may have problems **controlling the muscles** in their faces and mouths.

So this lack of muscle control and coordination makes feeding difficult.



Luckily, there are some exercises and massages that **YOU** can do on your baby's face that will greatly **improve this lack of coordination**. These will help with the proper development of baby feeding and later chewing and talking. This is called **OSMS**

## SOME BASIC TIPS



Wash your hands before starting

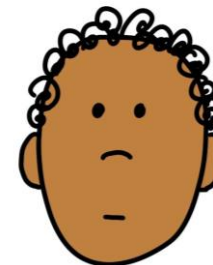


Make sure your nails are short and clean

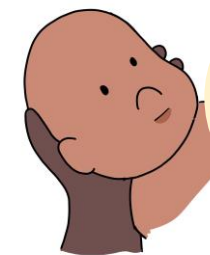
Use 5 min in premature babies and 10 in term ones.



Do it before starting to feed.



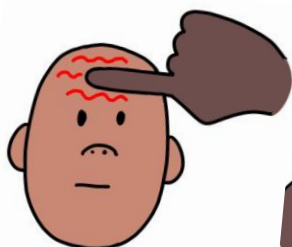
Watch out that your baby doesn't get tired or stressed.



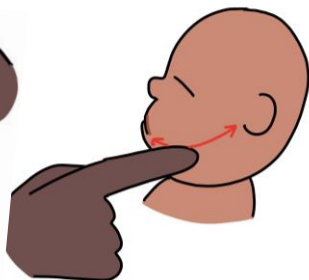
Get the baby into a half sitting position before starting.

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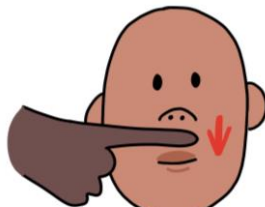
1-Stimulate your baby's forehead



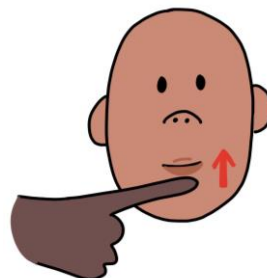
2-Sweep your finger from the bottom of the ear to the corner of the mouth.



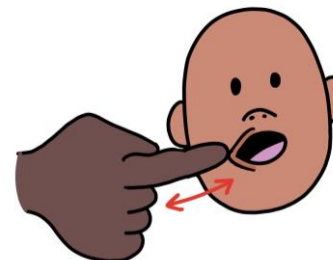
3- Sweep your finger horizontally over upper lip



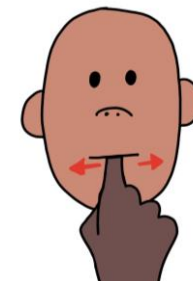
4- Sweep your finger horizontally over lower lip



5-Give light touches near the corner of the mouth.

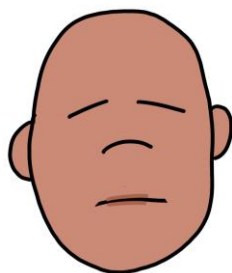


5-Stroke the gums gently to stimulate chewing

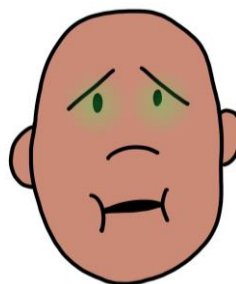


**STOP**

IF YOU NOTICE YOUR BABY DOING ANY OF THESE:



**CLOSING THE LIPS TIGHT**



**RETCHING OR LOOKING SICKLY**

**STARTS CONTORTING**

