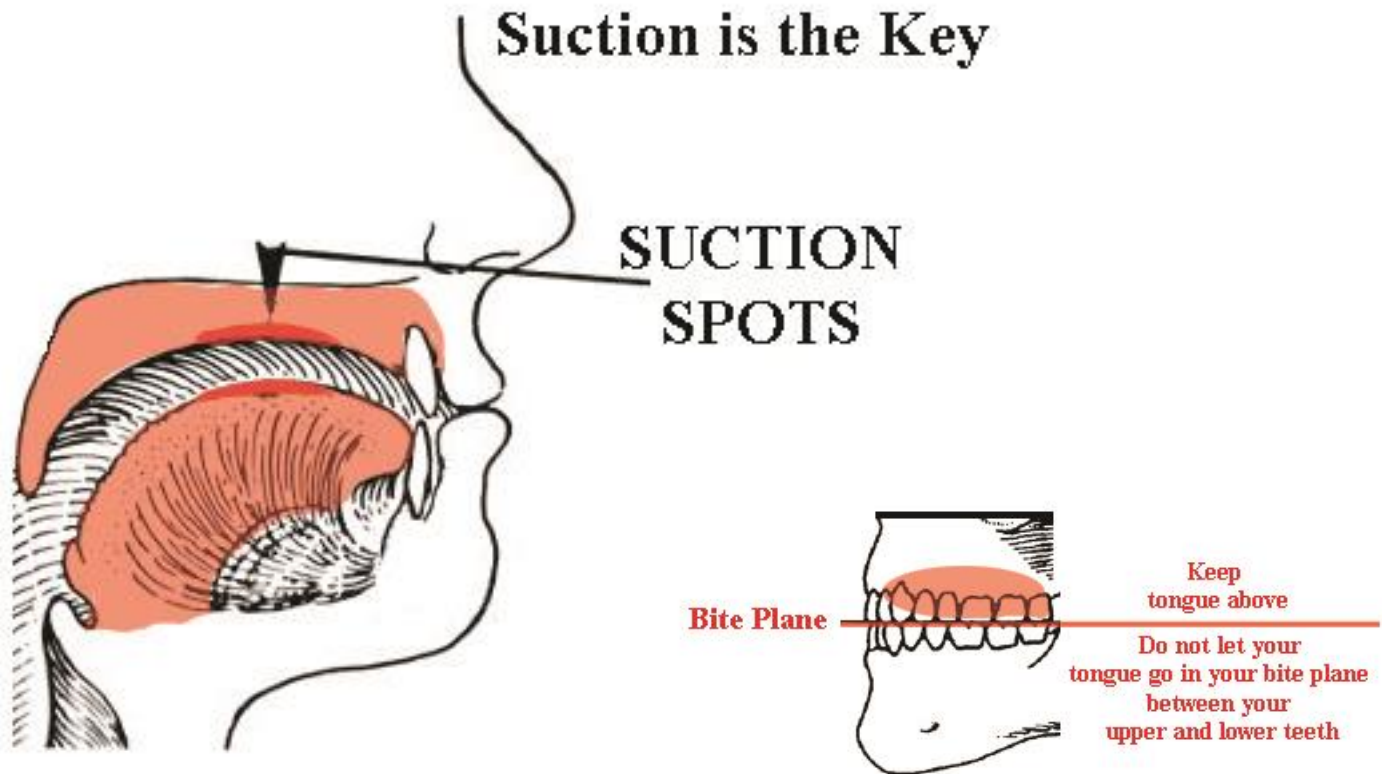


TONGUE POSTURE INSTRUCTIONS: (Nnnnn-Suck Technique)

Follow these 6 steps to train your tongue.

1. Wet your Palate
2. Say "Nnnnnn"
3. Suction (in the "Nnnnn" position - focusing on the suction spot)
4. Gradually create even tighter Suction
5. Relax Your Lips
6. Hold it (or Pop it to train)



TIPS:

Suction is the key to "parking" the tongue. If you are not suctioning, you will never control your tongue, so suck Hard when practicing.

Wet your palate many times a day to help strengthen the suction-seal and then re-establish suction with the "Nnnnn-Suck" Technique

Making "Suction Pop" sounds *in the* "Suction Spot" is a good way to practice.

Do not make suction pops in other areas. Just the area shown as the "Suction Spot."

Relax your lips.

Make sure your tongue is not going between upper and lower teeth (where you bite). Use your suction abilities to contract your tongue into your palate, to **keep your tongue above your bite plane**.

Visit: <https://www.bracesplaces.com/tonguetraining> for a video with Dr. Rizkallah