



Drooling



Pediatric Consultants Associated
Central Alberta Inc
182, 5201 43 Street
Red Deer, Alberta T4N 1C7
Phone: 403-343-6404
Fax: 403-343-6215
www.pediatricconsultants.ca

Excessive drooling, also known as sialorrhea, can be common in children, especially those under 2–3 years old as they develop motor control.

Here are strategies to manage and improve drooling:

General Strategies

1. Improve Oral Motor Skills

- Blowing Exercises: Encourage blowing bubbles, blowing whistles, or pinwheels to strengthen oral muscles.
- Chewing Activities: Provide opportunities for chewing crunchy or chewy foods, which can improve jaw strength and coordination.

2. Improve Posture

- Teach children to maintain a good head and neck posture, as poor posture can exacerbate drooling.

3. Encourage Swallowing

- Prompt children to swallow more frequently, using gentle reminders like “swallow your spit.”
- Offer drinks through straws, which may encourage swallowing and improve lip closure.

4. Increase Sensory Awareness

- Use cold or textured foods (e.g., popsicles, crunchy snacks) to increase oral sensory awareness, helping the child recognize drool.

5. Oral Hygiene

- Maintain excellent oral hygiene to reduce irritation caused by drooling and minimize odor or skin breakdown around the mouth.

Professional Interventions

1. Speech Therapy

- A speech-language pathologist (SLP) can help with oral motor exercises and swallowing techniques tailored to the child’s needs.

2. Occupational Therapy

- An occupational therapist can work on body positioning and sensory issues that may contribute to drooling.

3. Medical Evaluation

- Rule out underlying causes such as dental issues, allergies, or enlarged tonsils and adenoids, which may contribute to excessive saliva production.
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