

Literary Review

A review of: SWALLOW RIGHT: A Program For The Correction Of The Deviate Swallowing Pattern In The Young Children (rev. ed.), by Roberta B. Pierce & Virginia Warvi (1976)

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Suggested Citation

Hendricks, D. A. (1977). A review of: SWALLOW RIGHT: A Program For The Correction Of The Deviate Swallowing Pattern In The Young Children (rev. ed.), by Roberta B. Pierce & Virginia Warvi (1976). *International Journal of Oral Myology*, 3(2), 47.

DOI: <https://doi.org/10.52010/ijom.1977.3.2.3>



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SWALLOW RIGHT: A Program For The Correction Of The Deviate Swallowing Pattern In The Young Children (Rev. Ed.)

Roberta B. Pierce and Virginia Warvi

Huntsville, Alabama 35801, 1976

\$10.00 (Student Booklet, 2-4 copies \$4.50)

With 73 pages (numbered by lesson),

42 illustrations, 7 charts and 3 forms

As a manual prepared to assist the therapist in teaching young children how to swallow correctly, this revised edition of SWALLOW RIGHT succeeds in providing a well structured and detailed program of myofunctional therapy. Especially appealing are the cartoon illustrations throughout the manual which can aid in stimulating and improving the young child's performance, as well as the therapists' enthusiasm (which is an essential key throughout the retraining and habituation process).

The program consists of twelve lessons of exercises covering the three stages of the therapy process - building up the muscles and movement patterns necessary for a good swallow, teaching the correct swallow, and habituating the new swallowing pattern. The program is scheduled at a rate of once a week for ten weeks, with the two remaining lessons scheduled at two to three week intervals. After completing the twelve lessons, it is recommended that the child be seen at three-month to six-month intervals for two years. Individual or small group therapy is also feasible with this program.

In this second edition, instructions to the clinician have been expanded, thus, providing the therapist with explanations and rationale behind various exercises, and specific supplies to be utilized with each lesson. Suggestions detailing how the parent should observe his child and remind him many times about the new skills he is developing are also expanded, thereby strengthening parental interaction during the therapeutic process. A new feature in this edition is the inclusion of sample forms to be used in diagnostics, record keeping and report writing. Also, instructional programs have been added for modifying and/or eliminating associated oral behaviors such as mouth breathing, thumb sucking and finger-nail biting. In addition, more games, charts, and other motivational devices are found.

Although SWALLOW RIGHT is packaged as a treatment program for young children, modification of the program (take away the pictures and dignify the words) is possible for the purpose of accommodating both adolescent and adult clients. Flexibility in program format is also suggested by the authors whenever the therapist finds it necessary to supplement the program with additional exercises an individual child may need.

Although most of the exercises are easy to understand and explain, the authors stress such therapy to be done only by a therapist who already has a working knowledge and understanding of myofunctional therapy.

For the therapists' convenience, SWALLOW RIGHT (student's booklet) is also available in pad-form for use with patients. The student's booklet includes all therapy pages in Lessons 1 through 12 and the materials in Appendix A, but excludes the Instructions to the Therapist which precedes each lesson or the materials in Appendix B.

This reviewer considers this manual to be highly useful to the therapist and would recommend it as a needed resource in any myofunctional therapists' library.

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