



WHAT TO DO IF THE EXTRUSION REFLEX PERSISTS FOR A LONGER DURATION?

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Take note of symptoms such as messy eating, chewing difficulty, and lisping and convey the same to the pediatrician.



If the baby is above 12 months, take them off feeding bottles and pacifiers and prevent thumb-sucking.



Help them correct their posture by reminding them to keep their mouth closed.



Let them only chew with their mouth closed.

Remind them to maintain their tongue behind the upper teeth when eating or drinking.



Note: If the baby's tongue thrust reflex persists beyond six months of age, it may become an orofacial myofunctional disorder or OMD that can cause speech and chewing problems.

References:

Tongue Thrust; RCHSD

Tongue thrust disorder; Intermountain Healthcare