## Will my New Swallow Stay?

The Swallowing Series for Therapists, Parents and Clients Char Boshart, M.A., CCC-SLP

Yes. In most cases.

But it depends on you.

You are in charge of your mouth resting posture and your swallow.

The good news is, because you followed through and did all the hard work over the past many weeks, your "swallowing system" has learned the new swallowing pattern. Your tongue goes up rather than forward. And over the following months your mouth-memory will continue to use the new swallow—because it likes it and it works well. Your mouth memory for the old swallow will fade.

To make sure this happens, you will need to keep track of your tongue and it's resting posture and swallowing behavior. Don't trust it yet.

When going through your day, every once in a while, check your lips, tongue, and jaw resting posture. If they are in place, congratulate yourself. If not, put them in their place, and move on.

When swallowing saliva, make sure you have good Suction: Bite-Squeeze-Lift.

When swallowing liquid, make sure you have good Suction: Bite-Squeeze-Lift.

When swallowing food, make sure you have good Suction: Bite-Squeeze-Lift.

More good news: Most of the time, if your new swallow is consistent and your old swallow has not returned after six months, you're good. Chances are it will not return.

Way to go!