Whittington Health NHS Trust

Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child with dribbling?

- Many children dribble when they are young, but most grow out of it by the time they start school
- When wiping, **pat firmly three times** around the mouth and make sure to **tell your child** before you do
- Help your child **sit well** – Make sure they are **upright** and **supported**
- Encourage mouth closing – **tell them,** or **use a picture** or **a gentle touch**
- If your child knows when they dribble, **a sweatband on their wrist** can help them to wipe themselves

Contact your GP if your child:

- Dribbles a lot **after the age of 4**
- Has **unclear speech**
- Has trouble **chewing or swallowing**
- Breathes through their mouth most of the time

Call
0203 224 4399
Email
whh-tr.huts@nhs.net
Find out more

SCAN ME