



{inclusion outreach}

1031 Lucas Avenue
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www.inclusionoutreach.ca

Excess Saliva

A student may need support with managing their excess saliva. It is important for educational staff to assist, as needed, to ensure that the student is fully included in all aspects of student life regardless of their ability to manage their saliva.

The following strategies may be considered:

- **Positioning** – When the student is well positioned in sitting or standing the student may be more able to straighten the upper back, tuck the chin down and close the mouth, without hanging the head forward, such as by tilting the wheelchair slightly back. Or try a slant board for reading/art materials to keep the head up. This may reduce the effect of gravity.
- **Engage in an activity with the hands** – When the student is actively involved using their hands the student is likely to bring hands to mouth, which may lessen the production of saliva.
- **Infinity scarfs/bandanas** – These can be worn to protect the student's tops and jackets. They should be changed frequently as they may carry an odour. A wrist sweat band can be worn to teach the student to wipe their own mouth.
- **Education** - Peers and staff may benefit from additional explanation of the strategies the student is using to manage their saliva.
- **Firm patting** - With the student's permission, pat firmly on the mouth area, rather than wipe sideways, when you need to clean up the student's face. This provides more feedback to the student. Try a warm, wet cloth rather than a disposable wipe that may irritate the skin.
- **Consider the effort** – When the student is concentrating on a more difficult task, they may forget to swallow their saliva. Some students may need more reminders or support to manage their saliva.
- **Hand washing** - Ensure the student has a hand washing routine that is accessible, and the student actively participates as much as possible.
- Contact your local Occupational Therapist or Speech Language Pathologist to determine if facial and oral sensory stimulation techniques would be beneficial for your student



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Respect

Competence

Inclusion

Presence

Choice