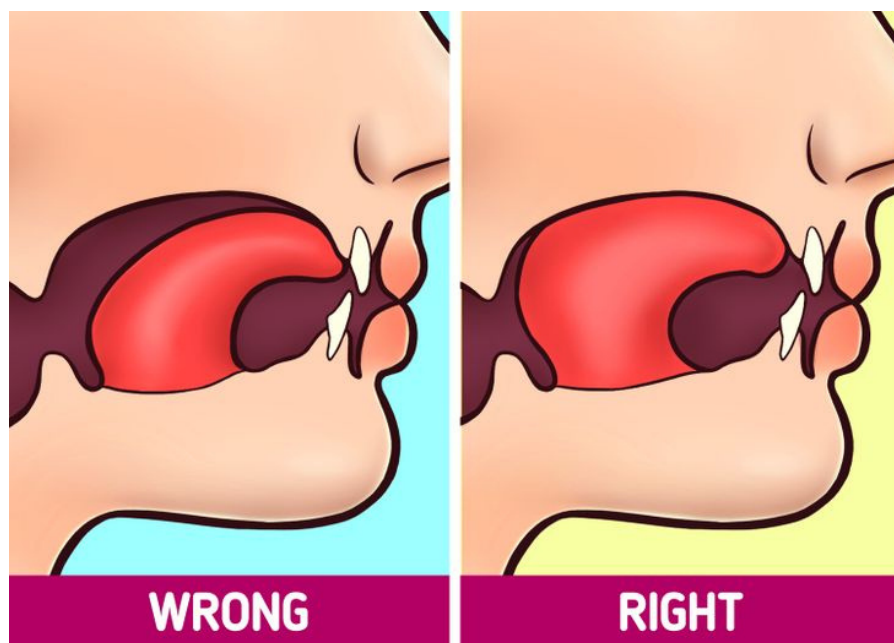


Proper Tongue Placement:



Tongue position training:

Raise eyebrows

Big smile

Teeth together

Swallow

Notice where your tongue is.

Practice several times a day so you can start building muscle memory of ideal tongue placement.

resource: <https://zhealtheducation.com>