# Video transcript: speech and language therapy scene three – improving swallowing function

>>CLAIRE: Okay, Rachel. So, let's have a look at some exercises to help with your swallowing.

>>CLAIRE: Do you remember when we looked at your swallowing before we saw that those muscles in your throat, maybe weren't quite working as well as we'd like them to?

>>CLAIRE: So, we're going to try and make things work a little bit quickly and smoothly and a bit stronger as well. Okay? So, let's have a wee go with something to eat.

>>CLAIRE: So, do you want to try the cereal bar or the lemon cake?

>>RACHEL: Cake.

>>CLAIRE: Cake. Off you go then you take that cake for me. If you open that up. Now, this time what I'd like you to do is take a small bite. Oh, once we're in.

>>RACHEL: We're in.

>>CLAIRE: We're in. So, take a small bite for me.

>>RACHEL: How much do you want me to take?

>>CLAIRE: Just a small amount that - yeah that's good. Okay. And then chew that well. And then when you're ready, I want you to swallow hard and fast, and I want you to really think about that in your head.

>>CLAIRE: So, really imagine that cake going down your throat and into your tummy hard and fast.

>>CLAIRE: Okay good. Lovely. We'll do the same thing again.

>>CLAIRE: Okay great.

>>RACHEL: It’s nice cake.