

**Table 1.** *Typical swallow sequence of children during the swallowing phases.*

Phases of Swallowing	Typical swallow sequence
Oral phase	<ul style="list-style-type: none"><li>• Preparing the bolus for swallow</li><li>• Chewing (if necessary)</li><li>• Transferring the bolus from the oral cavity into the pharynx</li></ul>
Pharyngeal phase	<ul style="list-style-type: none"><li>• Velopharyngeal closure occurs to close off the nasopharynx</li><li>• Posterior movement of the base of tongue</li><li>• Pharyngeal closure through contraction of the superior, middle, and inferior pharyngeal constrictors</li><li>• Adduction of the vocal folds with brief cessation of respiration</li><li>• Hyolaryngeal excursion and closure of the larynx through epiglottic tilt</li><li>• Opening of the upper oesophageal sphincter through relaxation of the cricopharyngeus muscle and biomechanical forces contributed through hyolaryngeal excursion</li></ul>
Oesophageal phase	<ul style="list-style-type: none"><li>• Peristaltic action of the oesophagus</li><li>• Moving the bolus into the stomach.</li></ul>