



There are many types of therapeutic oral chews to help meet any child's sensory needs.

- Chew Jewelry
- Chew School Supplies
- Various Textures, Shapes, & Colors
- Cold/Frozen Chews

Search 'oral motor chewables' online for more options.

Try using visual prompts to remind your child not to put inedible objects in their mouth.



Oral Sensory Stimulation—Everything Goes In The Mouth

Most parents are familiar with toddlers putting items in their mouth that are inedible. This is a stage of development that a majority of children grow out of by the time they are school-aged. For parents raising a child with a developmental disability or sensory processing disorder, ingesting, chewing, or putting inedible items in the mouth can be an overwhelming challenge that is difficult to overcome.

Parents and caregivers that observe this behavior often express concern and have a lot of questions. *Is this a medical issue or a sensory issue? How do I help my child change this behavior?*

The first step in addressing any behavioral concern is to rule out a medical cause. Make an appointment with your pediatrician to share your concerns. A pediatrician can order appropriate testing or evaluations to help determine if there is a medical reason for the behavior. Once a medical cause is ruled out then the work of addressing the sensory driven behavior can begin.

Oral Sensory Stimulation May Be About More Than Taste

The sensory stimulation that a child may seek by mouthing, chewing, or ingesting items may not be just about the taste. Putting items in the mouth can stimulate multiple sensory systems at one time.

- Temperature (hot, warm, cold)
- Pressure (hard foods)
- Texture (smooth, slimy, crispy)
- Sound (crunchy)
- Resistance (chewy candies, taffy)
- Repetitive movement (chewing)

Tips and Strategies

- Provide a non-reactionary or neutral response
- Use a short, concise, simple phrase every time you redirect your child
- Pair visual aids with verbal prompts
- Practice sorting tasks with your child (edible vs non-edible)
- Try using an electric toothbrush or vibrating therapeutic chew
- Provide your child with therapeutic chewable items
- Try having your child drink through a straw
- Implement a sensory diet to help your child regulate his/her sensory needs
- Ask your child's occupational therapist for assistance

Upcoming Events

Date/Time	Topic	Link
Thursday, August 27 @ 4pm	What to do About Challenging Behavior in the Home and Community	https://attendee.gotowebinar.com/register/1859387820587076622
Friday, August 28 @ 3pm	Got Stress? Get Mindful! For Ages 14-26	https://zoom.us/join/joinMeeting/register/tJEvce-upz0tH9Wu4xN9CT-AZQQLWtJFKIDr
Friday, September 4 @ 8am	Routine & Structure at Home with Hybrid-Model Schooling	https://zoom.us/join/joinMeeting/register/tJwufu2tqDgoG9yrrpOjPsgV24TqSohJ1A-bj



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