

CARE & LEARNING SERVICE OCCUPATIONAL THERAPY ADVICE FOR

THE MOUTH

Children may benefit from putting something in their mouth (oral motor input) for a variety of reasons:

- For children who get stressed or nervous, chewing can provide a way of relieving their tension
- For children who need to move or fidget to help them to concentrate, chewing can be a subtle way of providing the input that they need
- For children who are “sluggish” or tired, chewing can help to increase their alertness level
- For children who struggle with transition or change, chewing can provide a “comfort blanket” that provides an element of security and continuity



If your child puts something in their mouth that is either inappropriate or is a safety risk, then you may find it beneficial to introduce one of the following products or search for your own (good key words are “oral motor toys” or “sensory chewy toys”).

When thinking about buying one of the suggested items, consider the potential risk of giving it to your child.



Chew'lery (also spelled chewelry)

Is plastic, non-toxic bracelets and necklaces

Chewy Tubes

Come in various grades and shapes





Chew Buddy

Can be attached to a lanyard for easy access



Chewnoodle

Can be clipped on / off a bag or clothing via the attached carabineer



www.chewigem.co.uk sell a wide range of different chewy items from **Dog Tags** to **Pendants** to “**Chubes**” that fit on the strings of hooded tops



Sensachew Chew Topper

Is a slip-on chew cover for pens and pencils



www.sensorytoywarehouse.com has a range of **teether chewing characters** for ages 3+, including Marcus the Frog, Carly the Caterpillar, Chelsea the Duck and Hunter the Hedgehog



Squidgie Ball

Has a small hole which can be used with a string/key chain

POSSIBLE SUPPLIERS:

- <http://shop.sensory-smart.com>
- www.sensorytoywarehouse.com
- www.cheapdisabilityaids.co.uk
- www.chewigem.co.uk
- www.sensorydirect.com
- www.specialdirect.com
- www.specialneedstoys.com/uk
- www.sensorytoywarehouse.com

