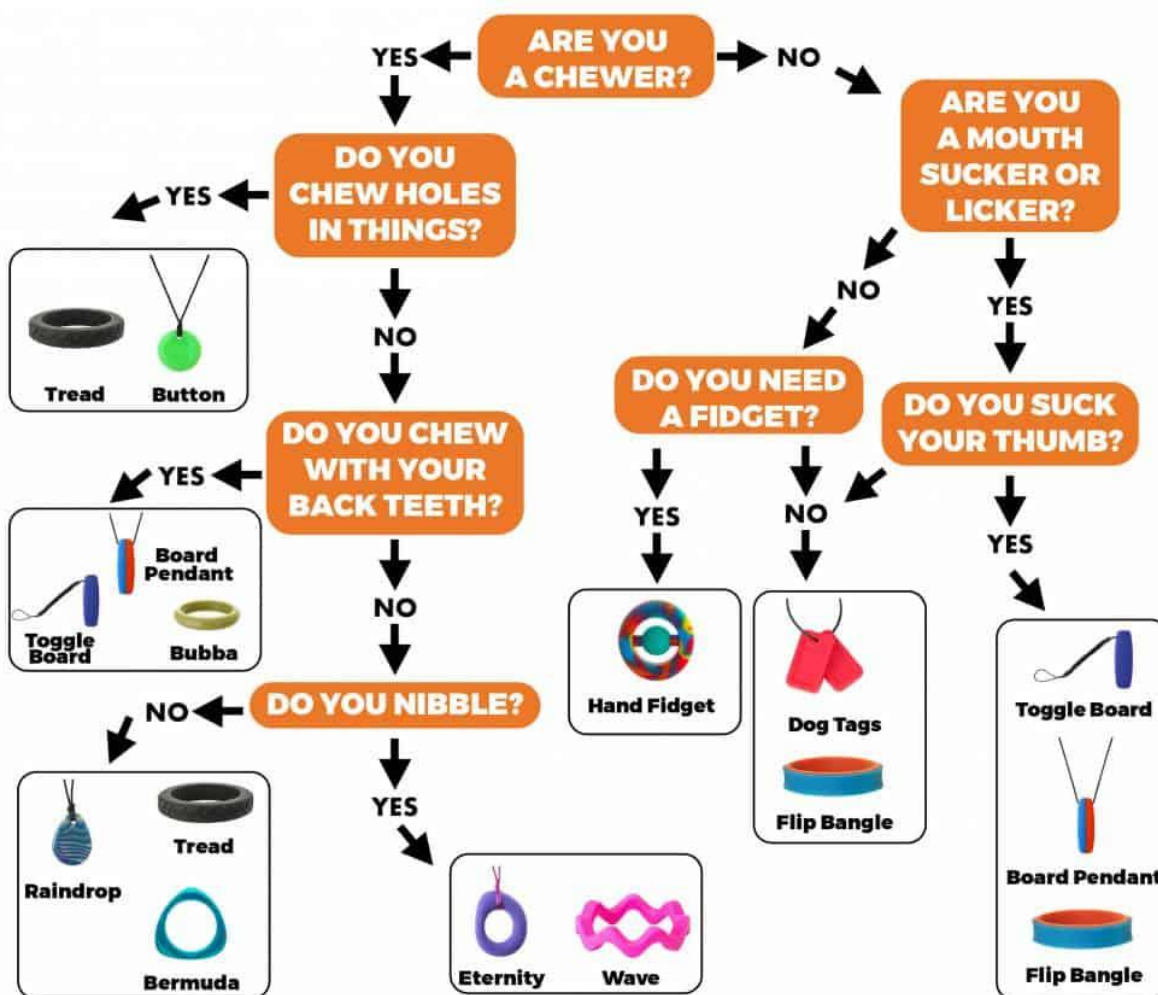


Chewing

For children who crave oral sensory stimulation. Providing something acceptable for the child to chew on may improve their ability to attend to tasks. This is also useful for those who have limited oral sensory awareness.

Here is a helpful diagram to help you understand what your child's chewing toy preference may be:

HOW TO CHOOSE THE RIGHT PRODUCT!



Alternatively, here are some chewy food and oral motor ideas:

- Cereal bars
- Celery
- Jerky snacks
- Dried fruit e.g. pineapple, apple slices, figs, dates, banana, apricots, raisins
- Oat cookies or Flapjacks
- Seeds and nuts
- Chewing gum
- Drinking yogurt through a straw

Further resources:

For more resources to help with developing skills or for further helpful tips and tricks, please visit our website or lookout for our Facebook posts.

www.nhsborders.scot.nhs.uk/cypot

www.facebook.com/CYPOTNHSBorders

