

Occupational Therapy

Student Services Centre

Lord Selkirk School Division

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Sensory Strategies for Students who Chew on Everything!

Chewing provides “heavy” sensory input to the mouth and jaw (known as proprioception) and can help regulate the nervous system. Chewing can become an issue when it begins to affect participation or cause destruction of tools, clothing or furniture. Alternative strategies can help meet this need and help decrease negative chewing behaviors.

Strategies to Try	Report on Effectiveness of Strategy
Provide increased opportunities to drink from suction valve water bottle and/or to drink thicker liquids (i.e. yogurt) through a small straw	
Provide increased opportunities to snack on resistive food items (gum, beef jerky, fruit leathers, dried fruit, licorice, soft pretzels, bagels, taffy)	
Provide increased opportunities for activities that engage the muscles of the mouth (i.e. blowing balloons, pinwheel, bubbles, harmonicas, kazoos etc.)	
Chewlery	
Weighted lap animal or weighted vest for 20-30 minute intervals during seated work ** Please contact occupational therapist for medical clearance to trial vest	
Incorporate regular heavy work into student’s schedule (i.e. 1x in am, 1x in pm)	