

Oral motor strategies for home and school

When it is a concern: Child is constantly chewing on shirt, hands, or other objects that interferes with them completing daily tasks or classroom activities

Suggested strategies:

- Offer chewy or very crunchy foods during meals and snacks such as:
 - fruit leather, hard pretzels, carrots, bagels, jerky, licorice, or taffy
- Allow to chew gum, ice chips, or hard candy during seated tasks if child is able to safely do so
- Offer water/drink in a bite and suck type of water bottle or one with a straw they can chew on (see image)
- Offer thick liquid (i.e. smoothie) to drink through a straw as part of their meal or snack
- Trial chewerly or a wearable chewy (can be found on Amazon see photos of examples below)
- Practice deep breathing
- Play oral motor games such as using straws to blow pom poms across the room, bubbles, playing with pin wheels
- Help child become aware of habit in a positive way and redirect by offering one of the above

