

Sensational OT Tip of the Month

Mouth Tools

Do you know children that ...?

1. Chew on their clothing or classroom materials
2. Struggle to attend –too active or too lethargic
3. Grind their teeth or hum during class

They might have a need for oral input to help them stay calm and/or organized. The mouth has many sensory receptors to promote calm organized behavior making mouth tools very effective.

Sensational Ideas for Mouth Tools

1. Chew gum or designated chew tools during times of high need for focus and attention like during a test (be sure to teach rules for use)
2. Suck or chew a heavy straw on a water bottle or coffee stir
3. Have a snack during quiet work time. One teacher calls it “Chew and Do”.
4. Food that is crunchy, spicy, or sour can be alerting, while food that can be chewed or sucked on is organizing and/or calming. Healthy snacks are available in each category.

*Ask the occupational therapist at your school if you are interested in more information about **ways to use the mouth in positive ways.***

Go to www.abilitations.com for a variety of mouth tools available commercially.