

WHAT IS NEWS?

News & Articles

Oral Sensory awakening: For the child that chews, bites and sucks

<https://ilslearningcorner.com/2016-04-oral-sensory-awakening-oral-sensory-receptors-for-chewers-biters-and-suckers/>

Fox 13's The Place: Find out why chewing on things can help kids focus in school

<https://ilslearningcorner.com/fox-13-the-place-oral-sensory-find-out-why-chewing-on-things-could-help-kids-focus-in-school/>

Why does my older child chew on everything?

<https://www.arktherapeutic.com/blog/why-does-my-older-child-chew-on-everything/>

The oral motor system and the gustatory system

<https://hes-extraordinary.com/the-oral-motor-system>

10 Tips for kids who need to chew on oral sensory diet

<https://www.arktherapeutic.com/blog/10-tips-for-kids-who-need-to-chew-an-oral-sensory-diet/>

Oral Defensiveness aversions

<https://www.arktherapeutic.com/blog/oral-defensiveness-aversions/>

10 ideas for oral sensory seekers in the classroom

<http://yourtherapysource.blogspot.com/2017/10/10-ideas-for-oral-sensory-seekers-in.html>

<http://slowslidetosanity.blogspot.com/2016/09/diy-t-shirt-chew-necklaces-bonus-t.html>

Oral motor development and issues: multiple disabilities

<https://activelearningspace.org/implementation/oralmotor-development/oral-motor-development-and-issues>

Products

Toggle Boards from Chewigem:

<https://www.chewigem.co.uk/product/toggle-boards/>

Tink 'n Stink: Look at the variety of chewables e.g. pencil toppers, bracelets, necklaces, hand held chews

<https://www.tinknstink.co.uk/jewelry-and-oral-therapy>

Sensory Direct

<https://www.sensorydirect.com/sense/chewys.html>

How to make a shirt into a braided necklace, for kids who are chewing their clothes

<http://hdydi.com/2014/02/17/chew-necklaces-for-kids/>

<https://www.lanaredstudio.com/2012/04/diy-shirt-into-braided-necklace.html>

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For children who tend to chew their fingers or back of hand, the following chewing glove had been found to protect the hand:

<https://funandfunction.com/chewy-gloves.html>

Neckerchews is another great option to trial:

<https://fledglings.org.uk/products/neckerchews>

Chewable Pencil case set

<https://www.chewigem.co.uk/product/chewable-pencil-case-set/>

Apps

Speech Language Warm Ups

<https://apps.apple.com/us/app/speech-language-warm-ups/id1080781800>

<https://www.superduperinc.com/products/view.aspx?pid=mxaslwu11&s=speech-language-warm-ups-app>

Websites of Interest

Ark therapy blog:

<https://www.arktherapeutic.com/blog/>

Activity ideas

Your kids table: <https://yourkidstable.com/oral-motor-exercises/>

Kids Math's game with sucking <https://youtu.be/xpff1hBgOO0>

Easy Oral motor exercises to try today

<https://www.arktherapeutic.com/blog/easy-oral-motor-exercises-to-try-today/>

Oral motor activities for kids printable

<https://www.andnextcomesl.com/2015/06/oral-motor-activities-for-kids-printable.html>

Any other interesting bits....

PICA: Although sensory feedback is one of the possible reasons for pica, it is not the majority reason. I've attached the following link to give you more insight into Pica; as this is very different from seeking oral motor stimulation:

www.challengingbehaviour.org.uk/learning-disability-files/07---PICA-May-2013-web.pdf

<https://sendsupported.com/wp-content/uploads/2017/09/PICA-doc.pdf>

<https://network.autism.org.uk/knowledge/insight-opinion/understanding-and-managing-pica>

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https://www.researchgate.net/publication/234613388_The_Use_of_a_Pica_Box_in_Reducing_Pica_Behavior_in_a_Student_with_Autism

Pica box:

<https://www.togethertrust.org.uk/news/together-trust-occupational-therapist-steps-tackle-eating-disorder-vulnerable-children>

Alternatives for your pica box:

Non-edible:	Similar Item:
Bark/twig	Beef Jerky Vegetable sticks: celery Twiglets Kellogg's All-Bran Original Cereal
Leaves	Spinach leaves
Dirt/mud	Raisins
Rocks	Sunflower seeds
Rocks/Sand	Grape Nuts cereal Crushed digestive biscuits and corn flakes Shreddies cereal
Diaper	Miniature marshmallows White cloth diaper
Mattress	Cotton candy
Clothes	White wash cloth
Clothes	White cloth diaper
Clothes	DIY cotton necklace (see link under products on how to make)
Crumbs	Crackers
Floor food	Cheerios Toast crackers
Chalk/toys	Love heart candy Bubblegum Drinking straw Plastic toy box

Please do not hesitate to contact me if you require any further advice or have questions.

Kind regards,

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