

Sensory Steps—Chewing and biting

- **Food (particularly chewy/crunchy food) can be a good workout for the mouth. Try cereals, crackers, vegetables such as carrots, celery, fruits like apples etc.**
- **Experiment with different temperatures of food – hot/cold**
- **Experiment with different flavoured food –spicy, sour, bitter, sweet**
- **Vibrating tooth brushes can help to desensitise the mouth. You can choose from electric toothbrushes or battery run toothbrushes (the latter tend to offer a milder vibration)**
- **Sucking through a straw or a sports bottle or a water bottle or lollipops**
- **Blowing bubbles/blow pens/whistles/play blow football**
- **Chewy toys – Chewellery, Chewy tubes**
- **Massaging the cheeks, jaw and around the mouth using circular motions to stimulate the jaw muscles**

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