

ACTIVITIES FOR HOME FOR YOUR KID'S MOUTH SENSATIONS

ORAL SENSORY PROCESSING

Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing

- Avoiding: This child typically “avoids” oral input and situations that are overwhelming to them
- Seeking: This child can't get enough stimulation and “seeks” out exciting oral stimulation
- Under-responsive: This child doesn't seem to notice much around them



Sensory Treatment

- Modulation: Using preferred input before, during, and after activities to make the child feel “just right”
- Remediation: Gradually introducing non-preferred stimuli over time
- Adaptation: Adapts the activity for success



Oral Avoider

Your child might be sensitive to certain textures or oral stimulation (might gag easily from a certain foods or when brushing teeth)

- Start slow with activities involving textures or foods that are less challenging and gradually increased the level of oral input
- Introduce your child to a variety of activities like blowing bubbles, use a straw to blow paint across a paper, blow simple whistles or party blowers
- Encourage your child to sing or make different sounds with their mouth to engage their oral muscles
- Play different taste guessing games (start with food/ texture your child likes and progress to different foods)

Oral Seeker

Your child is constantly seeking oral input (putting objects or hands in their mouth)

- Give your child safe chewing items like sensory chew toys or bubble gum (if child can chew it safely)
- Create a regular oral hygiene routine with flavored toothpaste and child-safe mouth wash
- Allow your child to use silicone straws or provide them with chewable jewelry to wear
- Introduce new foods with different tastes and textures

Oral Under-responsive

Your child doesn't seem to notice things around them (unaware if they are drooling or if food falls out of their mouth)

- Use an electric toothbrush or kid's vibrating chew toy for input
- Use sensory chew toys or a soft toothbrush on the lips and then gently in the mouth
- Try out different seasonings to see what your child might like (peppermint leaves, vanilla extract, black pepper, etc.)



Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here

Therapist Notes

