Oral Sensory Chew Objects, Tools & Devices
Prepared by the Inclusion Specialist Team at Child Care Aware® of North Dakota

There are several reasons why a child may find a chewy item helpful:

• Aids in oral self-regulation
• Helps with anxiety and can help calm down a child with special needs
• When overstimulated, a child with special needs may feel the need to bite or chew to help regain balance
• Chewing may be due to a condition called Pica (eating non-food items)
• Aids in jaw muscle strengthening

Guidelines for Purchasing and Using

• Purchase only non-toxic; washable, bpa, pvc, lead and latex free items
• Inspect before each use
• Replace when signs of wear are visible
• All chewy tools and chewy jewelry require adult supervision
• The life span of any oral motor chewy tool depends on the frequency and degree of use

Guidelines for Attaching/Detaching

• Attaching to clothing is preferred over wearing around the neck
• If attached with a clip it should be 7 inches or less
• It is recommended to remove clips from clothing for diapering or toileting to prevent chewy item from becoming contaminated
• Lanyards or similar items that are worn around the neck are not preferred. If an item is worn around the neck, it should have a break away clasp to prevent strangulation
• If worn around the neck it should be removed before sleep, active play indoor and outdoor

Cleaning Instructions

• Read cleaning instructions on package
• Wash with mild soap and water before use and as need needed throughout use
• Clean after falling on floor or if mouthed by another child

Storage

• Label with child’s name
• Keep separate from diapering area, diapering items, or other children’s personal items

Please consult a Child Care Aware of North Dakota inclusion specialist to learn more:
800-997-8515 Press #5   |   inclusion@ndchildcare.org

Sources:
http://chewytubes.com/products/chewy-tubes/
https://chewnoodle.com/

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Child Care Aware® of North Dakota is a program of Lutheran Social Services of North Dakota.