

SENSORY - EXPERIENCING TASTE AND TEXTURES

Food can be an easy way to give sensory and tactile experiences to the mouth. Such as; cold food can be useful to 'wake up' your mouth before you eat something else.

A Practical Approach at Home for Parents and Carers

Cold (to wake up)

- Ice poles.
- Fruit juice frozen in ice cubes.
- Frozen grapes.
- Frozen bananas,
- Frozen peas, carrots etc.
- Ice drinks.



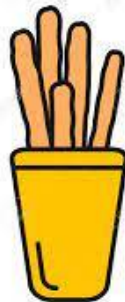
Chewy (to organise/calm)

- Hard cheese or string cheese.
- Cereal bars.
- Dried fruit.
- Chewy sweets e.g. gummy bears, toffee bars.
- Chewing gum.
- Bagels.



Crunchy food (to alert)

- Raw vegetables.
- Fruit e.g. apples.
- Bread sticks.
- Crisps.
- Dry cereal.
- Nuts.
- Crackers.
- Popcorn.



Spicy food (to alert)

- Hot salsa.
- Cinnamon cereal.
- Curries.
- Chilli or Mexican food.



SUCKING AND BLOWING

Sucking and blowing during play can help 'work out' the muscles in the mouth and can give positive experiences involving the mouth (not connected to eating).

Sucking

- Using longer, curly, thinner straws or bundles of straws.
- Use a straw to drink yoghurt.
- Use a straw to drink fruit puree.
- Use a straw to drink fruit smoothies - an easy one to grade the consistency.
- Sucking frozen fruit or ice cubes.
- Lollipops.
- Hard sweets.
- Water bottles with 'sports tops'.



Blowing

- Blowing bubbles using a straw in a cup/bowl.
- Blowing bubbles in drinks.
- Blowing bubbles.
- Musical instruments.
- With straw or mouth, blow football using cotton wool balls, paper or feathers.



Tugging, biting, pulling, teeth grinding

- Liquorice.
- Straws.
- Chewy toys designed to improve jaw strength (Chewy Tubes)
- Toffee bars.
- Water bottles with 'sports tops'

