



Private Occupational Therapy

In-Home Pediatric Occupational Therapy

Oral Sensory Processing

Some children may be sensitive or “defensive” to certain tastes and textures. They may avoid or over react to try to minimize their exposure to certain types of stimuli. Other children may seem to seek out or crave certain tastes, textures or input in their mouths. These students might frequently put things in their mouth or chew on things to satisfy their nervous system’s need for more intense sensations. This can have a very calming effect for a ‘fidgety’ child.

CLASSROOM ADAPTATIONS/ACCOMMODATIONS

- Keep a water bottle at child’s desk for him/her to drink from
- Put thera tubing or chewlery on top of pencil for student to chew when completing work (ask OT for these materials)

CALMING/ORGANIZING ACTIVITIES

Blowing:

- Blow bubbles
- Cotton ball races with straw
- Blow feathers
- Corn cob blower
- Pinwheels
- Slow breathing exercises

Sucking:

- Suck on water bottle
- Sucking resistive liquids through thin, thick or crazy straws
- Suck a cotton ball up with a straw and put it on the correct answer
- Suck on straw to hold tissue paper-see who can do it the longest

Chewing:

- Chew gum
- Chewy tubes
- Fruit leather
- Chewy food as part of snack/lunch

ALERTING ACTIVITIES

- Suck/chew peppermint or sour candy
- Eat something crunchy or chewy
- Eat salty, citrus, sour or other strong flavors
- Drink cold water