

TO BETTER GUIDE YOU

Chews on toys, objects, or clothing (like strings, sleeves, or shirts).

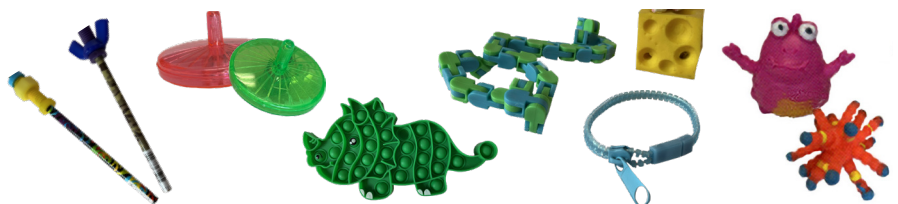
Check the texture of what the child is putting in their mouth and offer a safe and appropriate item instead (like a chew toy (“chewy”) or oral motor tool). Make sure the object is made for this purpose and safe for children.



Offer a chew toy (“chewy”) and give them something to keep their hands busy (a fidget or hand toy).



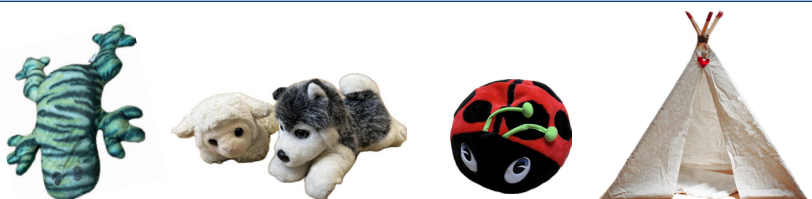
To help reduce restlessness or support calm, give them a fidget toy or something to hold or manipulate.



Offer calming visual objects or toys that make sounds and match the child's interests.
If noise bothers the child, supervised use of noise-reducing headphones can also be an interesting alternative.



Set up a small, cozy space where the child can feel safe, like a tent or a pile of cushions.



Choose a seat that allows for movement, or plan a short, structured movement activity to meet the child's need to move.



 If you have questions, speak to an occupational therapist.