

10 Ways To Improve...

...Oral Seeking Behavior

1. Use an electric toothbrush
2. Provide crunchy, or cold food
3. Eat stronger flavors
4. Use a washcloth to rub on the lips and cheeks
5. Provide an oral chew toy
6. Use vibration on the mouth (Z-Vibe)
7. Say a tongue twister
8. Chew gum (if appropriate)
9. Blow bubbles off a wand
10. Suck or blow through a straw (sucking thicker textures makes this harder)

...Oral Avoiding Behavior

1. Gradually increase input to the mouth
2. Slowly increase the time of brushing teeth with an eclectic toothbrush
3. Deep pressure to lips, and mouth
4. 'Play' with unpreferred food outside of mealtime to desensitize
5. Talk about how food smells, looks, feels, tastes
6. Use preferred foods as a delivery system for more difficult foods (chip to scoop a dip)
7. Blow bubbles in water with mouth or straw
8. Make silly faces, stick out tongue, open mouth wide, encourage movement to the mouth
9. Perform heavy work prior to introducing more challenging foods
10. Perform a daily sensory diet to help with overall sensory regulation

