

# Top Tips Chewing

For parents, young people & teachers

- ✓ Be aware that sucking and chewing is calming and can also aid concentration
- ✓ When asking a child to stop chewing on something unsafe try to offer them an alternative such as a 'chewy tube' or 'Chewellry'
- ✓ Sucking through a straw or sports cap can help
- ✓ Sucking thick milkshakes or smoothies through a straw
- ✓ Blowing activities such as blow painting
- ✓ Try offering something to fidget with in replacement
- ✓ Try and find out if a child is anxious about something – you may then be able to deal with the reason the child is needing to chew or suck
- ✓ Regular healthy snacks can be helpful – try crunchy cereal, raisins, apples, cereal bars

