

The Oral Sensory System

The Oral Sensory System gives us information about texture, taste, and temperature. We also get proprioceptive input from chewing.

Quick Wins

CHEWY SNACKS

Snacks that provide resistive chewing can provide calming proprioceptive input.

WATER BOTTLES & STRAWS

Resistive sucking is another calming oral sensory experience. Try water bottles with bite valves.

CRUNCHY SNACKS

Crunchy snacks can provide alerting proprioceptive and oral sensory input for kids who are sluggish.

SINGING, HUMMING & MOUTH NOISES

Gives subtle vibration in put for kids who make sounds to give themselves sensory input

