

## Sensory Strategies

**Gustatory/Taste** - information received through the mouth by eating a variety of tastes (sweet, salty, bitter), textures (chewy, crunchy, mushy) and temperature (room temp, hot, cold)



When you notice your student avoiding or seeking sensory, but not sure what to do, try some of these:

Sensory seeking (under responsive or hypo-sensitive to sensory stimulus)	Sensory Avoiding (over-responsive or hyper sensitive to sensory stimulus)
<p>Does child:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mouth or lick inedible objects</li> <li><input type="checkbox"/> Chews on shirt collar or hair</li> <li><input type="checkbox"/> Constantly places fingers or hands in mouth</li> <li><input type="checkbox"/> Excessive drooling</li> <li><input type="checkbox"/> Places vibrating toys or toothbrush in mouth, on face, along jaw</li> <li><input type="checkbox"/> Prefers chewy food</li> <li><input type="checkbox"/> Prefers food with seasoning variety</li> <li><input type="checkbox"/> Chew on scissors, glue top, pencil</li> <li><input type="checkbox"/> Messy eaters</li> <li><input type="checkbox"/> Stuffs mouth</li> <li><input type="checkbox"/></li> </ul>	<p>Does child</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Food preferences - picky eater</li> <li><input type="checkbox"/> Gag with food, texture or temperature</li> <li><input type="checkbox"/> Beige diet (chicken nuggets, French fries, mac cheese)</li> <li><input type="checkbox"/> Avoids textures - prefers soft or mashed foods</li> <li><input type="checkbox"/> Difficulty coordinating sucking or swallowing</li> <li><input type="checkbox"/> Avoids chewing food - uses tongue</li> <li><input type="checkbox"/> Brushing teeth is a challenge</li> <li><input type="checkbox"/> Dislikes toothpaste</li> <li><input type="checkbox"/> Prefers bland food - avoids spicy, sour</li> <li><input type="checkbox"/> Chokes easily</li> <li><input type="checkbox"/> Avoids getting face dirty</li> <li><input type="checkbox"/> Oversensitivity to dentist</li> </ul>

### Activities to support sensory seeking

- ☺ Vibrating toothbrush
- ☺ Vibrating toy on mouth, face, jaw
- ☺ Drinking from sport top bottle
- ☺ Energy yawn
- ☺ Drinking from yogurt, pudding, etc from a straw
- ☺ Using thickener in liquids
- ☺ straws, refrigerator tubing, chewerly in designated chew bucket
- ☺ Tubing on end of pencil
- ☺ Facial tapping to awaken sensors
- ☺ Alternating sweet/sour, bitter, salty, etc
- ☺ Chewy foods (bagels, jerky)
- ☺ Crunchy foods (cereals, pretzel)
- ☺ Blowing bubble cake or bubbles in straw cup
- ☺ Blow raspberries
- ☺ Oral motor toys
- ☺ Sour, spicy and mint can be alerting
- ☺ Use a variety of textured cloths to wipe face regularly
- ☺ Cold food/drinks

### Activities to support sensory avoiding

- ☺ Deep pressure on facial points
- ☺ Name those facial features while looking in mirror
- ☺ Tongue exercise in/out up/down
- ☺ Bubble face fish (blow cheeks out)
- ☺ Face painting
- ☺ Incentive chart and praise
- ☺ Energy yawn
- ☺ Add textures to food 1 tsp at a time (remove 1 tsp, replace 1 tsp with texture)
- ☺ Sucking foods/liquids can be calming
- ☺ Sweet foods can be calming
- ☺ Change food utensils to make eating fun
- ☺ Pair with smell
- ☺ Consult with OT or SLP for intensive recommendations

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