



# Chewy Tube Fact Sheet

Chewy tubes are designed to be used by children to develop their chewing ability.

However the company that make them report that they can also be used by children who seek additional chewing.

Seeking to chew non-food objects is quite common in children with sensory issues. Chewing provides proprioceptive information from muscles and joints in the jaw that can be calming to the nervous system. It can therefore lessen inappropriate chewing behaviour, aggressive behaviour, and lessen sensitivity to food textures.



## Before you start!

**NEVER LEAVE YOUR CHILD ALONE WITH THE CHEWY, ALWAYS SUPERVISE THEM.**



> This is to prevent a child from pushing the tube too far into their mouth and so causing gagging.

> To ensure a child does not choke if they manage to bite off pieces.

> To ensure a child does not run with it in their mouth.

The chewy tube should be washed with warm soapy water after every use and kept in a clean container.



## Good chewing habits.

Use the chewy at times during the day when your child is biting on inappropriate objects; replace the object with the chewy for a few minutes.

Don't allow your child to have the chewy all the time as they may become dependent on it.

Also consider using the chewy during 'quiet time', for 5 minutes prior to eating or tooth brushing, or if your child needs calming.

Chewy toys are widely available from specialist stockists on the internet, and come in lots of shapes and sizes. Ensure you buy one which is specifically designed for sensory chewing and follow the manufacturer's instructions.

**Chewy toys wear over time and should be checked before every use. If damaged, do not use and throw away.**