Oaklin Lane

FAMILY GUIDE

Chew Tools Guide

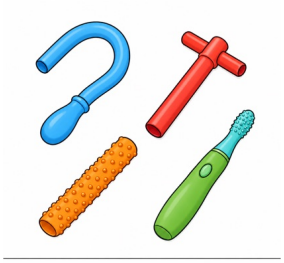
How a safe chew tool can help your child calm down, focus and build mouth strength.

Many kids chew on shirts, pencils, fingers or toys. Others grind their teeth or bite their nails. Firm chewing gives the jaw deep pressure, and that pressure calms the body. A chew tool gives your child a safe thing to chew instead. It also builds strength in the jaw, cheeks and tongue for biting and chewing.

Chewing can help kids who

- Feel stressed or worried
- Have a hard time focusing
- Chew on clothes, pencils or toys
- Grind their teeth or bite their nails
- Crave lots of mouth input
- Are learning to bite and chew

Types of chew tools



Pick the shape that fits

P-shaped chew tube: a loop to hold, with a long end that reaches the back teeth. Some have bumps for extra texture.
T-shaped chew tube: rests on the side of the mouth, between the back teeth, to practice biting.
Chew stick: shaped like a pencil, for kids who chew pencils or toothbrushes.
Vibrating oral tool: a handle with soft tips that buzz gently. It wakes up the mouth for kids who dislike touch in the mouth. Use it as your therapist shows you.

Pick the right firmness

Firmness	Best for
Soft	Gentle chewers and kids who are just starting
Medium	Kids who chew often or with some force
Firm	Strong chewers who bite through softer tools

Choose by how hard your child bites. If your child tears a tool quickly, move up to a firmer one. Your therapist can help you choose.

How to use it



Chew while you work

Offer the chew tool when your child needs to focus or calm down, like during homework, reading or car rides.

1. **Show your child where to chew.** Place the tool between the back teeth, where chewing is strongest.
2. **Offer it at the right times,** like homework, reading, car rides or when your child starts chewing on a shirt.
3. **Swap, don't scold.** If your child chews a sleeve or pencil, calmly hand over the chew tool instead.
4. **Keep it clean and handy.** Store it in a clean case so it is ready when your child needs it.

Cleaning and care

- Wash it in warm, soapy water after each use, then rinse and let it air dry.
- Check it before each use for cracks, tears, deep bite marks or loose pieces.
- Throw it away and get a new one at the first sign of wear.

SAFETY

- Always stay with your child while they use a chew tool.
- Never hang a chew tool on a necklace or cord around the neck. Cords can strangle.
- Use only tools made for chewing, in the right size for your child.
- Stop if your child has pain in the jaw or teeth.

Always follow the plan your Oaklin Lane therapist made for your child.