

# Sensory Play Activities: I love putting things in my Mouth



*'Everything goes in their mouth!'*

Your child might enjoy mouth sensory play.

<b>How the mouth senses of taste and texture help us in everyday life</b>	Being able to explore something with the mouth tells the brain lots of important information. Before babies can use their hands, their mouth is used to learn about toys and items.
<b>Why does my child put things in their mouth?</b>	Some children put items in their mouth to learn about the world around them. Some children do this as a habit, because it's an enjoyable and interesting sensory feeling. Chewing and sucking can feel very calming, because it tells the brain to relax and children learn when they are babies that sucking and chewing can fix sad feelings like being hungry.
<b>What is the tasting and texture sense in the mouth?</b>	Putting things in the mouth gives lots of sensory feelings: <ul style="list-style-type: none"> <li>- Taste, temperature, flavour</li> <li>- Texture, hard or soft, chewy, big pieces or small, wet or dry.</li> <li>- Muscles for chewing &amp; squeezing</li> </ul>

*If your child seems to show you with their body that they love to put things in their mouth, think about ways to add more mouth-focused sensory play into their daily routine. This could be through play, through items you have at home, or through extra toys available to buy. All activities involving the mouth need close supervision, and must be child-led, this means offer it to your child and watch if they want to engage or not.*

Visit the Fussy Eaters Webpage for many resources on supporting children who struggle with food: <https://www.elft.nhs.uk/scyps/fussy-eaters>

## Everyday home activities for the Mouth Senses

**Homemade Flavoured Ice**  
Fruit juices, lemon juice...



**Bubbles and Straws Play**  
Blowing bubbles using a straw in a cup



**Drink thick drinks** with a straw that make the mouth muscles work

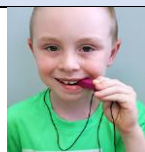


**Vegetable & Fruits**, crunchy, chewy, increase in diet e.g. nuts, dried fruit.



## Toys available to buy for the Mouth Senses

**Chewy Necklaces or Bracelets**



**Electric Toothbrushes**

