

## Ideas to Help Reduce/Distract/Prevent “Hands-In-Mouth” Behaviors

The following are some generic suggestions, which have been helpful for some individuals. It is important to check with your student's family, nurse, occupational therapist, and/or speech and language pathologist before trying any of these suggestions. None of these possible suggestions should be attempted without consultation of the individuals listed above. Any new strategies should be made as a result of a team decision.

- suckers, popsicles
- a flavoured stick or chew
- chewbags
- vibration
- pleasantly stimulating alternative to touch: sound, sight, movement, taste
- bad taste (onion flavoured nail polish;-pepper stuff; bitter taste)
- hold down hand with strap
- weight on hand or wrist when hand-to-mouth is not appropriate
- hand or arm mold to slide arm into
- chewing glove
- biker's glove
- rubber tubing to chew
- cue the student to get into the “Ready” position (hands on tray or lap)
- a time or place when it is OK to do it
- gum or candy
- baseball glove at recess
- air splint on elbow when hand-to-mouth is not appropriate
- vibrating alternative for hand to explore
- fruit leather or licorice in holder that attaches to wrist
- tic-tacs or other spicy candy