



## Chewy Tubes

### SHORT DESCRIPTION

Chewy Tubes are oral motor devices that provide help to calm down or fill a need to chew. They may also help develop oral motor skills to speak, swallow and eat (bite and chew).

### HOW TO USE IN EVERYDAY LIFE

- Freely and voluntarily by the child to calm down and to fill a need to chew or put objects in their mouth.
- Under adult supervision with different mouthing exercises that will improve speech or feeding (capacity to chew, tolerance to textures in the mouth, etc.)
- In a therapeutic way by health professionals (ergo therapist, speech therapist, etc.)

Other advantages of the tool:

They are available in different formats, all latex-free and phthalate-free and easy to wash. The Chewy Tubes resistance level and shape vary according to the model.

Type	Diameter	Shape	Level of resistance	Characteristics
Yellow	0,95 cm	T shape	Beginner	Useful for smaller mouth or for children with weak tonicity
Red	1,3 cm	T shape	Intermediate	Requires an intermediate strength of the jaw to close and bite
Blue	1,6 cm	T shape	Advanced	Requires a stronger jaw
Green (textured)	1,3 cm	T shape	Beginner to Intermediate	Its bumpy texture allows more oral stimulations.
Orange	Not available	Q shape	Beginner to advanced, according to objectives	Option to chew the stem-like protrusion or the round part, according to objectives.

				Easier shape to hold for very young children.
Orange	Not available	P shape	Beginner to advanced, according to objectives	<p>Option to chew the stem-like protrusion according to objectives.</p> <p>The straight end of the tube is shorter than the T shape Chewy Tubes, which may be useful to avoid a vomiting reflex with some children.</p> <p>Easier shape to hold for very young children.</p>

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## WHO IS IT FOR?

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Objectives pursued	Way to use it	Type of Chewy Tube recommended
Allow a child to relax or fill a need to chew or put objects in his mouth.	Let the child chew on the Chewy Tube in a voluntary way, at his own pace.	Without particularity. Some children prefer textured Chewy Tubes while others do not react well.
Develop tongue movement	Imitating the adult or moving the Chewy Tube from left to right and right to left to develop a horizontal plane of movement inside the mouth. (from side to side)	T shape
Strengthen the jaw muscles for more stability and chewing force.	Use the Chewy Tube between the molars and open and close the jaw.  Bite the Chewy Tube between the molars as long as possible.	Increase the resistance level progressively according to the child's force. (Yellow, then red, and blue).



	Bite the Chewy Tube between the molars and gently pull on it to try taking out of the mouth, while retaining it.	
Offer oral stimulation to the child	Let the child chew on the Chewy Tube in a voluntary way.	Textured Chewy Tube (green) or other.
Develop a rhythmic motor pattern for mastication	Position the Chewy Tube between teeth to open and close the jaw to an established rhythm.	Without particularity.

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## PRECAUTIONS

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Adult supervision is recommended for the use of the Chewy Tubes, especially for very young children. As soon as signs of deterioration show (wear, part lacerated by teeth, etc.) use a new Chewy Tube to avoid risk of choking and/or for a better hygiene.

Always do therapeutic activities according to the child's tolerance.

If the child or adult has a vomiting reflex when using the Chewy Tube, discomfort, dislike or visible aversion, stop using it.

It is recommended to wash the Chewy Tubes regularly with soapy water and/or dishwasher.