

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.

- 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