



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I help my child if they eat objects which are not meant to be eaten?

- Speak to your child's **GP** to rule out any nutritional problems. Supplements can sometimes stop this behaviour.
- Speak to your child's **dentist** to rule out any dental problems.
- Your child may be **seeking movement** that uses the muscles in their mouth. See the QR code below for advice about chewing.
- The **muscles** in your child's mouth may not be fully developed. You can improve these muscles by encouraging your child to do more activities with their mouth. See the QR code below.
- If you still have concerns after trying the above, ask your child's GP for advice.

Find out more:

Read this leaflet for advice to reduce **chewing** non-edible objects



Read this leaflet for advice about **oral motor** activities



Call **0203 224 4399**

Monday-Friday

9am-5pm



Email us

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