



SEN SUPPORT
STUDIO

STRONG ROOTS,
SPACE TO FLOURISH

FOR PARENTS & CARERS

Sensory Snack Boxes at Home

Snack boxes can support regulation and provide oral sensory feedback — the action of chewing and crunching provides feedback through the jaw muscles.

What Are They For?

Some children can be over-sensitive to the taste of certain foods, while others may be under-sensitive to taste and enjoy eating highly flavoured food. A well-matched snack box gives your child the oral sensory input they need in a calm, predictable way.

Things to Consider

- Make snack boxes specific to your child, e.g. chewy foods vs crunchy foods, the flavours and textures they seek out, and whether they find these alerting or calming.
- Reduce social pressure at mealtimes by eating in a quiet space, allowing access to comfort objects to reduce stress, and allowing extra time for eating.
- Offer suitable alternatives to chewing inedible objects, e.g. chewing toys, necklaces or chewable pen toppers.
- Include a drink with a straw or sports bottle.
- Don't overwhelm your child with too much choice.
- Involve your child in putting together their snack box, and in deciding what is and isn't working.

Enjoy building a sensory snack box together — a small, well-matched box can make mealtimes and sensory breaks far more comfortable at home.

