

CHEWING ESSENTIALS

Additional Instructions for ARK's Y-Chew[®] and Grabber[®]



Congratulations on your purchase of ARK's **Y-Chew**[®] and/or **Grabber**[®] - innovative oral motor chew tools for use in therapy, at home, and on the go.

Chewing solid food is a complicated task that requires coordination of the lips, tongue, jaw, and cheeks. At approximately 5-6 months of age (or later for individuals with developmental delays), babies begin mouthing in order to strengthen these muscles and to develop the skills necessary for the oral management of food. ARK's **Y-Chew**[®] and **Grabber**[®] are wonderful resources during this crucial stage of feeding development. Designed for individuals of all ages and cognitive abilities, these tools provide an excellent opportunity for the mouth to learn through jaw movement, tongue movement, and oral exploration.

Safety Guarantee:

ARK's **Y-Chew**[®] and **Grabber**[®] are *Made in the USA*. Not only are they manufactured in the United States, but they are also constructed out of medical grade materials that are FDA compliant and contain no lead, phthalates, PVC, BPA, or latex. The resilient material is solid with no through holes or crevices that could harbor bacteria or saliva. Because these products are to be used orally, it is our first priority to enforce the highest safety guidelines. Therefore, all of our products undergo rigorous testing to ensure their top-notch quality. To learn more about our safety standards, please visit our website.

Suggested Uses:

Made out of a chewy, resilient material, ARK's **Y-Chew**[®] and **Grabber**[®] are a safe way to practice a variety of skills necessary for proper speech and feeding development. Therapist *and* caregiver approved:

- To promote mouthing in preparation for solid foods
- To increase tongue mobility and lateralization
- To increase lip and tongue control
- To practice jaw grading and stability
- To develop a rotary chew and a rhythmic chewing pattern
- To improve biting and chewing skills without the risk of choking
- To provide tactile and proprioceptive input to the lips, tongue, jaw, palate, and cheeks
- To de-sensitize the mouth for individuals with oral defensiveness and food aversions
- To transition from puréed to textured foods
- To decrease thumb-sucking, finger/knuckle biting, and/or tooth-grinding
- As an alternative to biting/chewing on fingers, shirts, pencils, and other hazardous non-food items
- As an opportunity for sensory overloaded individuals to calm and soothe themselves

For detailed therapy instructions, consult our instructional how-to guide, *Tips & Techniques for the Grabber[®] Family*. Most of the exercises in this book can also be adapted for use with ARK's **Y-Chew**[®].

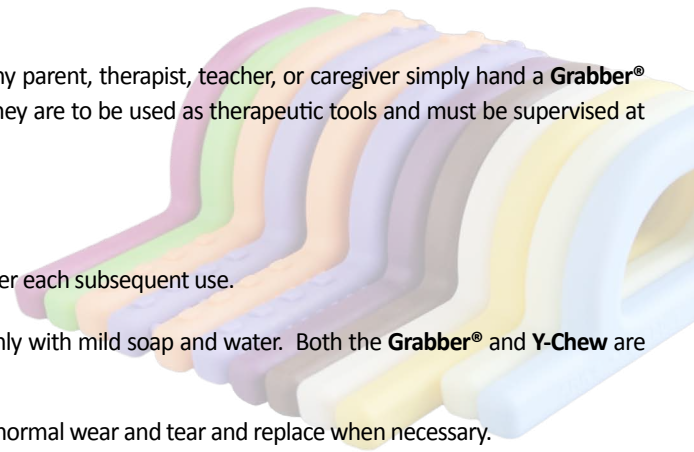
- Use the **Grabber XT®** or **Y-Chew XT** with individuals who exert more jaw pressure. The XT options are Xtra Tough versions of the **Grabber®** and **Y-Chew** made out of a firmer, yet still resilient material.
- The **Y-Chew** and Textured **Grabber®** have bumps, ribs, and striations along their sides that simulate the textures of real food. Use these options for added proprioceptive input, to desensitize the mouth, and to transition from puréed to textured foods.
- The Scented **Grabbers®** simulate the scents of real food. Enhance interest with six fun options: Berry and Grape are popular favorites; Citrus and Lemon are alerting; Vanilla is calming; and Chocolate is for the sweet tooth.
- The Baby **Grabber®** has a shorter stem for babies or individuals with smaller mouths.
- To increase acceptance and participation in therapy, dip the **Grabber®** and/or **Y-Chew** into any sticky food that the individual prefers.
- For heightened awareness and/or to soothe the gums, place a chew tool in the freezer before use.
- If an individual starts to chew on an inappropriate object, simply replace that item with a **Grabber®** or **Y-Chew**. Be consistent and patient.

Caution:

- It is not recommended that any parent, therapist, teacher, or caregiver simply hand a **Grabber®** or **Y-Chew** to an individual. They are to be used as therapeutic tools and must be supervised at ALL times.

Cleaning & Care:

- Wash before initial use and after each subsequent use.
- Sanitize by scrubbing thoroughly with mild soap and water. Both the **Grabber®** and **Y-Chew** are also 100% dishwasher-safe.
- Check periodically for signs of normal wear and tear and replace when necessary.
- For sanitary purposes, do NOT use the same **Grabber®** and/or **Y-Chew** with multiple individuals. Each individual should have his or her own chew tool or set of chew tools. In order to make this more affordable, both the **Grabber®** and **Y-Chew** are available with significant savings on the multi-packs.



Feeding / Drinking Aids

In addition to ARK's Grabber® and Y-Chew, we also manufacture a complete line of tools specifically designed to make drinking easier:

- **Sip-Tip®**, **Cip-Kup™**, and **Bear Bottle** - Recommended for individuals who have difficulties generating and maintaining suction, these cup sets are proven to reduce coughing, choking, and aspiration. They can also be used to teach straw drinking and/or to ease the transition from bottle-feeding to cup drinking.
- **Select-Flow Valve**, **Vangi Valve**, and **One-Way Straws** - These valves control the flow of fluid in one direction so that it flows up into the straw, but does not flow back into the cup. By keeping the straw full of fluid, they decrease the effort required to drink, thereby increasing hydration while being convenient and discreet.
- **Lip Bloks** - Use these tools to prevent individuals from biting or gagging on the straw, to decrease tongue protrusion, and to promote correct lip/tongue positioning.
- **Straw Clips** - These clips help manage difficult situations by holding straws securely to the side of a cup. No more chasing the straw!

ARK's Z-Vibe® and DnZ-Vibe®

We also manufacture the **Z-Vibe®** and **DnZ-Vibe®**, innovative tools for oral motor therapy and beyond. This device provides a vast range of sensory stimulation for individuals of all ages and cognitive abilities. There are over 30 interchangeable tips available for both the **Z-Vibe®** and **DnZ-Vibe®** to work on a wide variety of goals both in therapy and at home. These skills include, but are certainly not limited to:

tongue lateralization • tongue tip elevation • tongue bowl • tongue/jaw dissociation
tongue retraction • jaw grading & stability • lip seal • lip extension • biting & chewing
texture acceptance • oral awareness & de-sensitization • toothbrushing • writing skills

Most people are either auditory or visual learners. Sometimes, however, these two senses are not enough, and we must look to other options, such as the sense of touch. The **Z-Vibe®** / **DnZ-Vibe®** is a tool to help therapists use tactile input to work on all of the above skills. It can always be used in the off position without vibration. Or, it can be turned on for additional sensory input with its smooth, gentle vibrations. Vibration provides a new level of sensory stimulation to increase awareness and to draw more acute attention to the articulators. Feel free to visit our website for more information and instructional videos.



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