

CARING FOR YOUR CHEWIGEM

A HANDY GUIDE



INFORMATION ON MEETING THE NEEDS OF DIFFERENT CHEWING STYLES

Most people come to us to either redirect or stop a chewing habit. They want to transition from an undesirable chewing habit to a better alternative, and we love nothing more than helping someone to do this. We don't advocate stopping chewing as it is often a vital self-regulation requirement that needs to be met.

Every chewer is unique

We have learned over the last ten years that every chewer is different, and each individual requires different levels of feedback to meet their sensory needs. This must be considered when making your product choice. Far too often, we see people concluding that 'this is not working' without fully understanding the reasons and needs behind the chewing, and then exploring the options available.

What should I consider when selecting my Chewigem?

If someone seeks out chewing on their T-shirt but selects a hard, firm chew to try, they may well not take to it. Or perhaps they need more texture to meet their needs. Our message is always not to give up if the first chew is not the right one. We have a variety of textures, strengths and finishes to cater for a wide range of chewers.

The next thing to consider is the cost versus benefit equation. Nothing in this world lasts forever or is indestructible, and chews are no different. They WILL eventually suffer wear and tear and how fast this happens is highly dependent on the chewer: how aggressively they chew; how frequently; whether they 'chew' or 'tear' with their front teeth or back teeth; even where they chew on the item, be it near the weakest or strongest points. Fast destruction could be a sign they are trying the wrong product, or they could be one of the rare few that have such a robust chewing style that nothing will last that long! Perhaps the chewer destroys a school jumper a week, but a chew lasts a month, and so our products become a more financially viable option.

Risk

Another consideration is risk - we have many customers who have in the past chewed on toxic or dangerous items. While these may last longer than a chew, the risk is high and our customers having tried Chewigem products, have decided that the safety benefits justify the cost.

CHEWIGEM AND SCHOOLS

The majority of schools accept Chewigems; however, we do get the odd one that is not as forward-thinking. We have found however that most can be persuaded once the benefits are understood. [We have lots of resources to help you win the case with your school which you can access here.](#)

IMPORTANT SAFETY INFORMATION

- Pendants are not suitable for anyone under three years of age due to the long cord, which poses a strangulation risk.
- All pendants have a breakaway clasp for safety. Always check that this is in working order.
- All of our silicone products are non-toxic, and are lead, latex, BPA, PVC and phthalate-free.
- The clasp on pendants is not designed for chewing (small parts - choking hazard). If you think you or your chewer cannot resist chewing the clasp then select a product that is not a necklace.
- For children and any person with a learning disability who does not understand risks, it is vital that all products should be used with supervision and checked regularly for damage. As soon as wear and tear shows, the product should be discarded and replaced.

- Products must be checked frequently and discarded as soon as wear and tear shows. This means a tear or puncture that could cause a larger section to break off.

TIPS FOR PROLONGING THE LIFESPAN OF YOUR CHEWIGEM

- Rotate and mix up the part you chew
- If it is a pendant, try and avoid chewing the part where the cord goes through the pendant. It is the weakest part.
- Try not to pull down on the cord while chewing; this puts pressure on the hole, which is usually the weakest part.
- Try to chew like you would when chewing gum, rather than biting like you would when taking a chunk out of some food.
- Try not to use the front teeth and incisors like a sharp point to pierce and shred.
- Consider investing in varying strengths and using stronger and softer chews depending on the power of your need to chew. We find increased anxiety and stress causes more aggressive chewing, reserve your stronger chews for those moments.
- Do not leave your Chewigem immersed in water for long periods of time.

We understand the above is not always possible but it is best practice to increase the lifespan of your product.

HOW TO CLEAN YOUR CHEWIGEMS

NOTE: ALWAYS CLEAN YOUR CHEWIGEMS BEFORE FIRST USE

CHEWIGEMS WITHOUT A CORD (e.g. fidgets, handhelds and bangles)

Any of the below options:

- Hot soapy water
- Top rack of a dishwasher
- Steam steriliser
- Microwave steriliser
- Sterilising solution

CHEWIGEMS WITH A CORD (e.g. pendants and necklaces)

WITH THE CORD ON:

- Hot soapy water
- Washing machine on a low heat

WITH THE CORD REMOVED:

- By removing the cord, the silicone section can be washed in the same way as a cordless product above.
- The clasp on the cords is plastic and cannot cope with high heat and risks melting, which is why we suggest the cord be removed.

This is simple to do: snap the breakaway clasp apart, pull the clasp back down the cord to reveal the knot, untie the knot and slide the clasp off. This should allow you to take the cord off the pendant. Once washed, reverse the process - reattach the cord, slide the clasp down onto the cord, tie a knot at the end and slide the clasp back up over the knot.

CHEWIGEM HACKS & UNDERSTANDING WHY WE CHEW

Over the years we have learnt lots of hacks that enable Chewigems to be adapted for different needs, as well as an in-depth understanding on why we chew.

Click to find out more:

HACKS

WHY WE
CHEW

