

# Cutlery skills

Children start with finger feeding then progress to spoon (age 2) fork (age 3) and then knife (5-7 ages)

- 🍎 Ensure you are sitting properly at the table

- ✓ Feet supported
- ✓ Bottom back in chair
- ✓ Arms resting on the table



- 🍎 Try an anti-slip mat under your child's plate to stop it moving



- 🍎 Try a plate guard, medic plate or bowl if your child has difficulty scooping with a spoon



- 🍎 Try thicker handles or ones with indents to help your child to grasp with index fingers extended straight along cutlery



- 🍎 Spoon: practice with sticky foods e.g. porridge

Fork: Practise with soft food such as chopped banana then increase texture e.g. tomato

Knife: Practice soft and round foods

- 🍎 Stab with a fork in child's non dominant hand
- 🍎 Saw back and forth with the knife in child's dominant hand
- 🍎 Stab with fork (non dominant) and saw with knife (dominant)



## Resources

### Non-slip mat:

<https://www.nrshealthcare.co.uk/eating-drinking-aids/non-slip-mats-and-grips/dycem-reel>

### Plate guard:

<https://www.nrshealthcare.co.uk/eating-drinking-aids/plates-bowls/plate-surround>

### Specialist paediatric cutlery:

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cutlery-aids/kura-care-childrens-cutlery-set>

### Specialist paediatric cutlery:

<https://www.nrshealthcare.co.uk/eating-drinking-aids/children-s-eating-drinking/children-s-cutlery/junior->