

Using Cutlery

INTRODUCTION

Most children are able to use a fork and spoon on their own by the age of five. They usually need supervision with a knife but may be able to cut soft food and start spreading.

- Make sure your child's feet are supported, either on the floor or on a step.
- Let your child help with simple food preparation e.g. cut up a banana for a fruit salad.
- Initially start with cutting soft foods that the child can push a knife through before attempting harder foods.
- A small dot of nail varnish may help as a visual prompt of where to put fingers.
- If the plate tends to slip around on the table when your child is cutting, try using a damp cloth or a piece of non-slip matting.
- Encourage your child to hold the cutlery with their index fingers controlling the utensils as demonstrated below:



- Caring or Kura Care cutlery (available in junior or adult sizes) have moulded handles which many children find easier to use. This is available to purchase from:
 - Patterson Medical – www.physio-med.com
 - Nottingham Rehab – www.nrshealthcare.co.uk
 - Allardyce Healthcare in Perth or Dundee.