

Trafford Children's Therapy Service

PRIMARY SCHOOL - GETTING READY TO BE INDEPENDENT CUTLERY SKILLS

- When sitting, ensure child's back is supported and feet are supported firmly on the floor or footstool.
- Concentrate on using each implement first before using them together.
- Ensure your child holds cutlery using correct grips (as illustrated)
- The steps involved in using a knife and fork are:
 - To 'stab' the food with a fork then
 - To saw with the knife (rather than pushing it through).
- Encourage your child not to grasp the cutlery too tightly.
- When your child is still mastering the use of a knife and fork, it may be easiest to practice on soft foods e.g. sausages, egg, fish fingers, soft potatoes, well-cooked vegetables, pasta (preferably not spaghetti!)
- If knife and fork use is particularly slow and difficult, perhaps allow your child to use a spoon or fork only for the first half of the meal to minimise hunger and frustration.
- Sometimes it is good to practice away from mealtimes. Such as cutting up play dough sausages and feeding them to a doll.



(IF THE STRATEGIES IN THIS SECTION ARE TOO DIFFICULT FOR YOUR CHILD PLEASE USE THE EARLY YEARS ADVICE SHEET ON LEARNING TO USE A FORK AND LEARNING TO USE A SPOON)