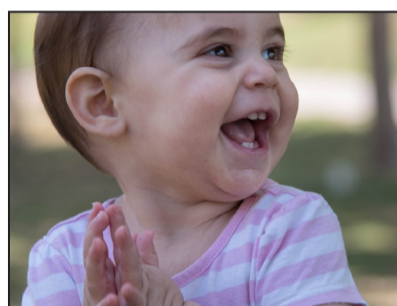


Development of Cutlery Skills

Getting started - Stage 1 of 4

Activities using both hands

Hand Clapping Games, hi fives, applauding etc



Drawing around each hand with the other, or drawing around stencils, holding the stencil with one hand and pencil with the other.



Playdoh activities - rolling out playdoh with a rolling pin or making a shapes like a sausage with two hands.

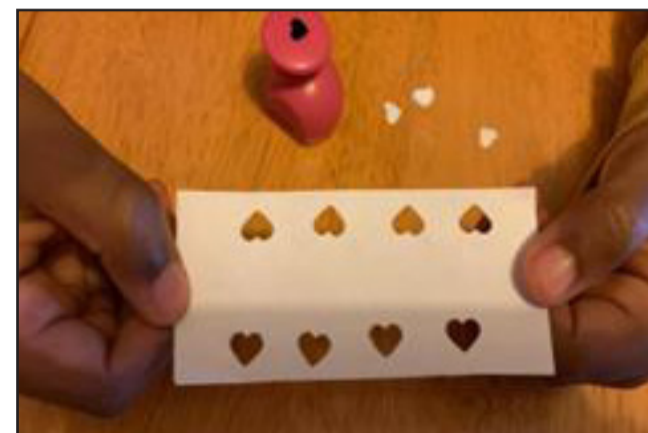
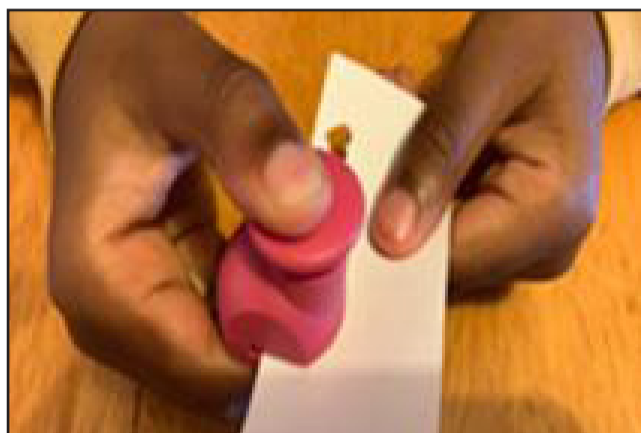


Playing with construction toys encouraging the use of two hands e.g. Mechano, Lego, stickle bricks, Magnetix, Knex.



Hand strength/using thumb and index finger

Squeezy noise toys, water squirt toys



Playdough-Squashing with hand, squashing with thumb, index finger, between index finger and thumb, cookie cutter shapes, garlic press

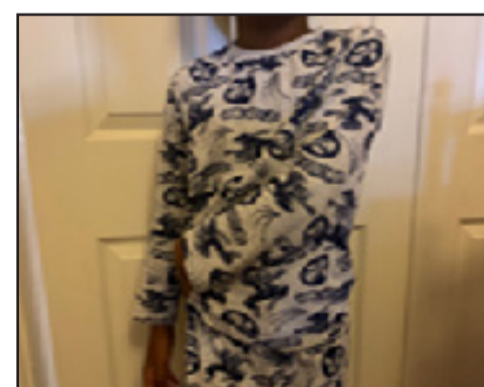
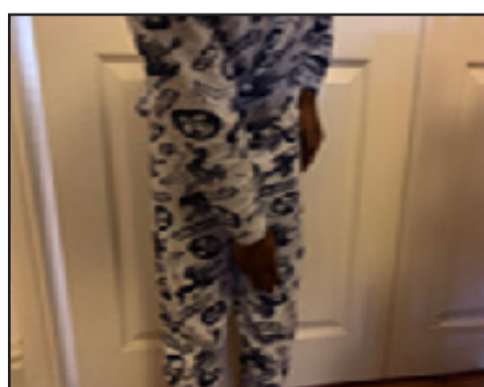
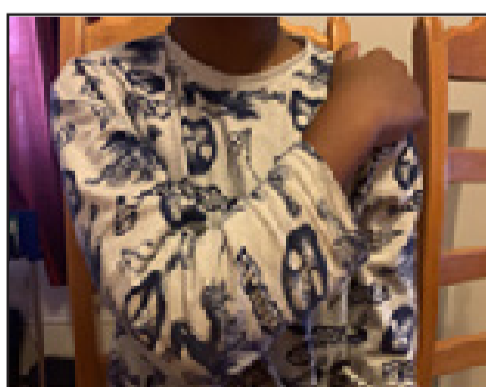


Crossing Midline

Beanbag games – taking bean bag off opposite shoulder and throwing, reaching across body to take beanbag from opposite side



Simon says – imitating reaching across body poses.

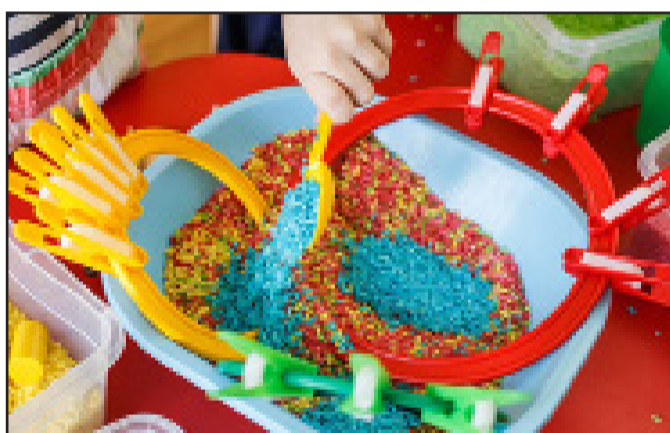


Getting started - Stage 2 of 4

Practice using a knife and fork skills in play when the child isn't hungry for example with playdoh



Practice scooping with a spoon in play with sand or dried beans etc.

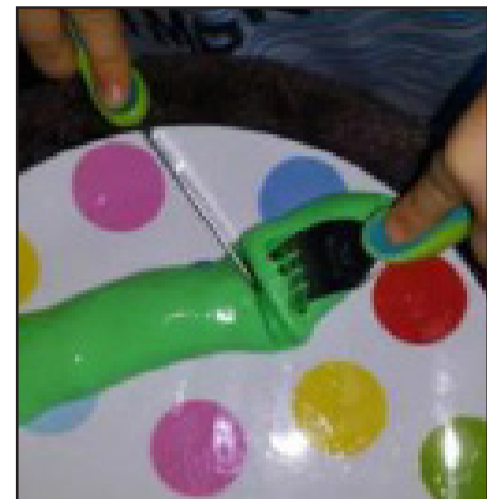


If holding cutlery is difficult, practice using thicker cutlery as this is easier to hold



Getting there - Stage 3 of 4

Continue to practice skills when the child isn't hungry for example with playdoh. Some children find it easier to use specialist cutlery e.g. Kura Care Easy Grip Children's Cutlery (www.amazon.co.uk) These provide him with visual reminders of where to place his fingers as well as having thicker handles to help children to hold them.



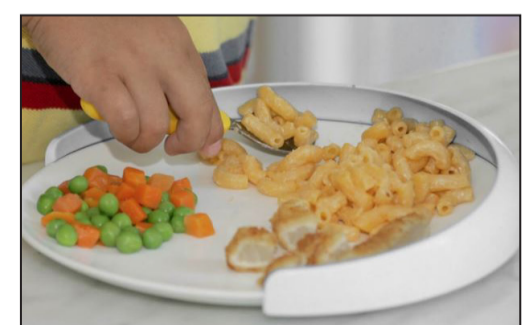
Check the plate/bowl isn't sliding around. A non slip surface or mat may be useful. Dycem mats are available from www.amazon.co.uk



When learning to cut initially only expect the child to cut soft foods, gradually increase the difficulty and quantity. Some foods such as thicker yoghurt, mashed potato or porridge is an easy choice that stick to the spoon



If scooping is difficult use a bowl/plate with higher sides (or attach a plate guard for older children)



Feeling confident - Stage 4 of 4

Encourage child to 'prod (with fork) and saw (with knife)' when using cutlery.



Practice cutting up tougher consistency objects in play (e.g. putty) and food (e.g. meat)



Practice helping to cut up foods in meal preparation.



Move on to standard cutlery when the child is ready. You may have to use reminders of where to place fingers.

