



Barnsley Children's Therapy Services

Cutlery use

These activities are (generally) sequential, tick each one before moving onto the next one.

Using a spoon

	Activity	Tick when you can complete!
1	Hold a spoon (R/L hand) Practice holding then tapping sticks & other thin cylindrical items together to encourage strength & duration Pick appropriate width, size & weight of cutlery	
2	Bring spoon to the mouth (help to load) <ul style="list-style-type: none">• Hand over hand• Independently (but may miss mouth, or tip spoon over)• Independently & can take food off spoon	
3	Load the spoon Begin with sticky foods such as yogurt, mousse, jam before moving to foods that require a 'scoop' Use a container to provide an edge to push against (e.g. a yogurt pot or lipped bowl) Encourage two hands – one to hold the container <ul style="list-style-type: none">• Hand over hand• Occasional success (May only manage 2-3 attempts per meal to begin with)• Independent loading	
4	Scooping Begin with foods such as mash potato, beans, peas in cheese sauce, before moving onto dry foods which can roll off (peas, cereal etc) <ul style="list-style-type: none">• Hand over hand• Occasional success (2-3 times per meal)• Independent scooping	



Using a fork

	Activity	Tick when you can complete!
1	<p>Scooping (with a fork)</p> <p>Hold fork in a cylindrical grasp and develop the action of lowering the prongs so they glide parallel to the plate Use a plate with a lipped edge Introduce the idea of holding a knife at the same time even if it is not used</p> <ul style="list-style-type: none">• Hand over hand• Occasional success (2-3 times per meal)• Consistently can scoop foods	
2	<p>Stabbing</p> <p>Begin with easy to stab foods such as pieces of sausage, chicken nugget or carrot</p> <ul style="list-style-type: none">• Hand over hand• Occasional success (2-3 times per meal)• Consistently can stab foods	
3	<p>Scoop using knife to 'block' foods</p> <p>Demonstrate positioning the knife so it acts as edge to push foods into Use foods such as peas, beans, scrambled egg etc</p> <ul style="list-style-type: none">• Will attempt• Occasional success• Independent	
4	<p>Can practise rotation of the fork so can swap between scooping & stabbing easily</p> <p>Practice with play dough or foods such as peas</p> <ul style="list-style-type: none">• Will attempt• Occasional success• Independent	



Using a knife

	Activity	Tick when you can complete!
1	<p>Use a knife in (preferably) Right hand</p> <p>Pupil can hold foods with left hand, or adult can stabilise with their fork Use foods which need a 'gentle' cut such as sausage, cooked carrots etc. Initially pre-cut foods into 1cm strips so narrower to cut</p> <ul style="list-style-type: none">• Will attempt• Occasional success• Independent	
2	<p>Use a sawing action (knife needs to be relatively sharp)</p> <p>Pupil can hold foods with left hand, or adult can stabilise with their fork Encourage a mature grasp on the knife with index finger extended along the top of the knife Discuss which is the sharp edge & why we don't rest on that Encourage a 'to & fro' sawing action gently pressing down rather than lots of force</p> <ul style="list-style-type: none">• Will attempt• Occasional success• Independent	
3	<p>Use a knife & fork together</p> <p>Ideally with knife in Right hand fork in Left Encourage a mature grasp on the knife with index finger extended along the top of the knife Encourage a mature grasp on the fork with index finger extended along the back of the fork Encourage stabbing with the fork and a 'to & fro' sawing action with the knife</p> <ul style="list-style-type: none">• Will attempt• Occasional success (2-3 times per meal)• Independent	

Contact Children's Therapy if further advice or information is required: 01226 644396