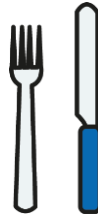




Barnsley Children's Therapy Services

Activity ideas to promote children using their cutlery



Name:

NHS Number:

- ! Use cutlery that is the correct size for your child.
- ! Always use a knife under supervision at mealtimes.

Practice technique:

- **Sit at a table** that is supportive at elbow height (they might need a cushion to sit on)
- **Support their feet** with a foot box or stable pile of books
- Demonstrate the correct technique of how to use cutlery by sitting together to eat
 - Encourage your child to place their **index fingers** on top of the knife and fork to help increase stability
 - **Use a 'sawing' action** when cutting with the knife instead of dragging or pushing
- Practise first with foods that are easier to cut, i.e. chips or sausages before moving onto more difficult foods such as meat or toast
- Practice little & often, your child might only tolerate attempting to cut 1 or 2 items per meal to begin with before encouraging them to do more
- Meat can be really challenging so cut it into **thin strips** that they can then cut into chunks



Play ideas:

- Use play dough to make a variety of pretend foods that the child can cut up with their cutlery
- Practise cutting up fun foods such as: jelly, jam sandwiches, cake
- Set up a café and encourage the children to use their cutlery to cut up pretend food

For older children

- Encourage them to help with food preparation & cooking
- Play the 'chocolate game' Using a hard (ish) bar of chocolate such as a Mars bar or Milkyway that's been in the fridge
 - If they cut up the bar into thin slices using correct technique they can eat the slice
 - If they use an incorrect technique, cut too thick a slice or cheat then the adult gets to eat the piece of chocolate!

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