

Cutlery skills

Make sure the cutlery is the correct size for the child.

Child-sized or cutlery with wider handles is easier to hold and use. Junior Caring Cutlery (available from online retailers) has shaped handles that promote appropriate hand placement.

Use play dough to make pretend food, or use soft foods such as bananas or apples to practice.

1. Practice holding a knife and fork. Their hands should be pointing down towards the plate



2. While holding the pretend food in one hand, practice stabbing it with a fork with the other hand.



3. While holding the pretend food in one hand, practice sawing it with a knife in the other hand.



4. Practice using a knife and fork together. You may wish to chant the movements with the child. You may need to place your hands over theirs to help them learn.



5. Practice turning the fork over to scoop pretend food onto it using the knife.

