

Cutlery skills: Daily Practice

Cutlery skills are an important skill for children to learn, not only for the co-ordination and independence that it promotes, but also because it is important socially. When using cutlery, it is important to remember the following:



Posture:

- Encourage the child to keep her elbows tucked in. Try not to allow her to raise them out to the sides of their body. This provides stability.
- Encourage the child to maintain an upright posture to allow her upper body the freedom to perform the task required i.e. if she has a stable sitting posture, it's easier to control what the hands are doing.

Holding and Using Cutlery:

- Support the child to position their index fingers along the shaft of the fork and knife (this provides more pressure to cut with). The child may benefit from hand over hand support to assume this position.
- Cutlery with built up or curved handles can help with grasp. If required, Junior Caring Cutlery can be purchased from a variety of sources including: <http://www.completecareshop.co.uk/eating-aids/caring-cutlery-range/> and www.amazon.co.uk. This cutlery has thicker handles and indentations to ensure that the index fingers are placed correctly along the shaft of the knife and fork.

