



# GETTING READY TO BE INDEPENDENT – CUTLERY SKILLS

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- When sitting, ensure child's back is supported and feet are supported firmly on the floor or footstool.
- Concentrate on using each implement first before using them together.
- Ensure your child holds cutlery using correct grips (as illustrated)



- The steps involved in using a knife and fork are:
  - To 'stab' the food with a fork **then**
  - To saw with the knife (rather than pushing it through).
- Encourage your child not to grasp the cutlery too tightly.
- When your child is still mastering the use of a knife and fork, it may be easiest to practice on soft foods e.g. sausages, egg, fish fingers, soft potatoes, well-cooked vegetables, pasta (preferably not spaghetti!)
- If knife and fork use is particularly slow and difficult, perhaps allow your child to use a spoon or fork only for the first half of the meal to minimise hunger and frustration.
- Sometimes it is good to practice away from mealtimes. Such as cutting up play dough sausages and feeding them to a doll.