




Cutlery Skills.

Website/Supplier	Junior	Adult
www.completecareshop.co.uk		
www.therap-ease.co.uk		
Colchester Mobility Unit 9, Peartree Business Centre, Stanway Colchester Tel 01206 710909		
www.activemobility.co.uk Tel: 01642 805050		
www.amazon.co.uk	Caring cutlery can be found on Amazon	

<p>Kura Care Easy Grip Children's Cutlery Set from www.completecareshop.co.uk</p>	<p>The Kura Care Junior Cutlery Full Set is part of the Kura Care Junior Cutlery range and consists of a Knife, Fork and Spoon. This profiled stainless steel cutlery set has been designed to provide an extremely comfortable grip, making them easier for children to handle and use. The finger indents within the cutlery handles encourage children to handle the cutlery correctly and promotes better use.</p> 
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Providing care on behalf of North East Essex Community Services Collaborative



IMPROVING KNIFE AND FORK SKILLS

Your local
healthcare
provider

Remember good positioning at the table is important – feet should be supported and table and chair should be appropriate height.

It may be useful to concentrate on using each implement first before using these together. Ensure your child holds these using the correct grips (as illustrated)



The steps involved in using a knife and a fork are

To “stab” the food with a fork then

To saw with the knife (rather than pushing it through)

5. Encourage your child not to grasp the cutlery too tightly, and to keep their arms relaxed.

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

Fish fillets/fish fingers

Egg

Soft potatoes

Well cooked vegetables

Pasta (preferably not spaghetti though!)

7. 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 or begin by encouraging child to cut up only part of their meal and you complete the rest. Over time increase the amount that the child does.

8. Practise using a knife to spread margarine and cut a sandwich in half.

9. Also practice using a knife and fork at other times in the day other than at meal times when children are hungry! Use a knife and fork to cut up play dough and make it into a game.

Use cutlery with larger handles, however remember that... Practice is the only way to master this skill!

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