

Children's Therapy Services

Patient information

Cutlery Skills

- Practise using a knife and fork away from mealtimes, to reduce the need for speed. Practise on Play dough/putty, with soft fruit e.g. bananas and sandwich making.
- Encourage your child to hold the fork in their non-dominant hand and knife in their dominant hand. Place each index finger on top of the handle to direct the action. A textured marker/sticker may be helpful to act as a visual prompt. Cutlery with moulded indents for the index fingers may also help i.e. 'Caring Cutlery'.
- Encourage your child to 'stab and hold' with the fork and 'saw' with the knife. Initially hand over hand assistance may be required to ensure the correct technique – gradually withdraw this support and give verbal prompts only.
- Gradually introduce independent use of cutlery into mealtimes with simple foods initially, i.e. Fish Fingers. Try mixing peas/vegetables into mashed potato.
- Encourage lots of bimanual/two-handed activities to promote the co-ordination of both hands.

The following provides information on where you can purchase cutlery sets similar to those used during occupational therapy sessions. The companies suggested below are a few of the many suppliers who sell the items but you may also be able to purchase them from local retailers.

www.activemobility.co.uk

www.essentialaids.com

www.boots.com

www.completecareshop.co.uk

www.mobilisrolyan.com

www.amazon.co.uk



The above information should not be taken as a recommendation or endorsement of the named companies. It is merely provided as suggested suppliers for parents or carers.

Contact details

Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 0300 019 8003

www.uhd.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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