



Top Tips for using cutlery

Good sitting!

It is really important that you can sit at the table and be comfortable when eating.

The best position is for you to; **sit up**, with your **bottom back in the chair**, and your **feet flat on the floor**, with the **table at about your elbow height**. This will make sure that you are stable, and make using your cutlery



Holding your cutlery.

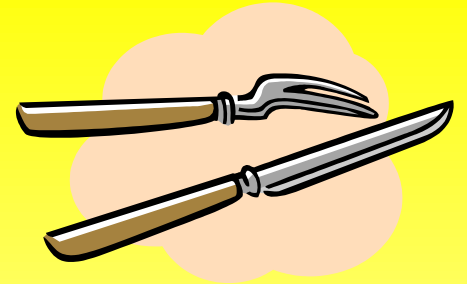
To make using your knife and fork easier you need to make sure your index fingers (also called pointy fingers), are ready to help out!

Make sure you hold your knife in the hand use to hold a pen, as you will have more control.



Hold your knife and fork so that your index fingers are pointing down the cutlery at the food they are stabbing/cutting.

Cutting your food.



Cutting up your food can be one of the most tricky parts about using cutlery. **It is important that you keep practicing, even if you sometimes need to ask for help.**

REMEMBER! Stab with the fork to hold the food steady and then use the knife like a saw to cut through the food. Sawing is much easier than pressing down to cut.

You may need to move the food on your plate a little to get it into a good place for you to cut. Try using your fork to do this.

Don't Rush!

Allow yourself time when you are learning to use cutlery, don't worry if you are the last to finish the meal, you will get quicker the more you can practice!



A little extra help

If it is really difficult to use standard cutlery, there are some sets available with shaped handles that you may find easier, such as Caring cutlery. If your plate slips around on the table when you try to eat, then a piece of non-slip mat can prevent this.



Non-slip mats



Shaped handles

Think about what you need to do. Write a list, for example:

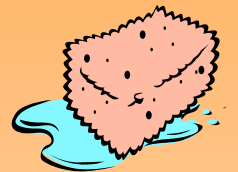
- * *Sit straight at the table with feet on the floor.*
- * *Hold knife in 'writing' hand and fork in the other hand.*
- * *Stab with the fork.*
- * *Cut with the knife.*



Activity ideas

Using cutlery means that you use both hands to do different tasks at the same time (stab with fork, saw with knife). Here are some ideas to develop this skill to make using cutlery easier:

Washing up — holding the pots in one hand while cleaning with the sponge.

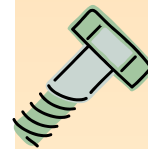


Baking—mixing the cake mixture while holding the bowl.

Colouring/writing — hold the page still with the other hand.



Building with construction



toys — use both hands to build whatever you want!

Have a think and add your own ideas of two-handed activities to the list!