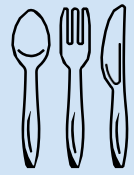


Growing Independence: Using cutlery and drinking from open cup



- I can open my mouth to be fed.
- I can put spoon or fork into my mouth when loaded for me.
- I can sit down at a table to eat and drink.
- I can spoon feed myself independently.
- I am practicing using a fork and knife.
- I can drink out of a lidded cup.
- I can drink out of a small cup with a small amount of liquid in.



Things to help me grow

- Developing fine motor skills.
- Using cutlery with playdough.
- Helping to prepare food using child safe utensils.
- Transferring activities into sensory materials with spoons.
- Use backward and forward chaining.

Making things easier

- Suitable cutlery such as Kura Care Cutlery.
- Nonslip mat under plates and bowls, or suction bowl.
- Plates with lips to stop food falling off edges.
- Ensuring the child is appropriately positioned to eat.

Helpful Links:

Cambridgeshire Community paediatrics
occupational therapy team:

[Using cutlery.](#)

[Hand Skills.](#)

[Sitting position and posture.](#)

