



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Therapi Galwedigaethol Plant
Canolfan Iechyd Plant Wrecsam
Ffordd Croesnewydd, Wrecsam LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre, **Croesnewydd**
Road, Wrexham LL13 7TD

Adapted Cutlery

Using a knife and fork is a highly skilled task that requires practice to develop bilateral (two-handed) coordination. Holding and handling cutlery effectively is essential to a child's independence with feeding but lots of children struggle to use regular cutlery at the start. Having wider, moulded handles and finger indentations can help to progress independent feeding skills. The need to eat is dominated by hunger which can make this a very stressful experience for children who are struggling so it's important to practice outside of mealtimes to create a less stressful environment.

Having a good supportive posture is also important so make sure that their feet can reach the floor, if not place something under their feet like a box to help.

Experiencing difficulties in using cutlery can often affect food choices where the child will choose to eat things they can pick up with their hands because it is quicker and easier.

There is a range of alternative cutlery ideas that you could try.

Foam Tubing

If you do not wish to buy any specialised cutlery, you can look at ways of adapting your own cutlery to make it easier for small hands to hold. One way to do this is to use foam tubing to increase the width of the handle to make it easier for eating.



Caring Cutlery

These come in different sizes which you can purchase individually or in sets which include a knife, fork and spoon. These are sculpted to fit easily and comfortably into children's hands as well as having moulded indentations to help with finger positioning. Prices range from £4 for individual items to £8 for the set.



Angled Cutlery

Angled cutlery has the head positioned away from the handle, right or left, which makes it easier to bring food to the mouth, some are at a fixed angle and others you can angle it to the correct position for your child.

A larger handle means that your child's fingers do not need to be wrapped tightly around the cutlery handle to hold it securely and moulded handles are shaped to fit the contours of your child's hand so that they can grip the handle more securely.

Easy Eaters cost approximately £10-£15



Training Spoon

The BEABA 360 Degree Training Spoon has been designed to reduce frustration of first feeding. The design means that the deep curved section of the spoon will stay in a horizontal position even if the child turns the handle which stops food from spilling and makes it easier for the child to get the food in their mouth. These are priced from £6.



Dycem

Dycem is non-slip matting which can be used for a variety of things but is a great option when you need to stabilise the plate. Prices range from approximately £10 per role.

