

Our Top Tips!... Using Cutlery

Getting to grips with cutlery is a really important skill. If you are finding this difficult, then try out some of the following tips...

Are you sitting comfortably?

Sit at a table and chair to eat your meals. Trying to learn how to use a knife and fork, whilst balancing a plate on your lap is tricky business!

Know your knife hand

The knife has the difficult job of cutting your food, so you need to hold it in your dominant hand. If you are right-handed, hold the knife in your right hand. If you are left-handed, the knife goes in your left hand. Keep this the same every mealtime.

Pointy fingers at the ready!

To make using a knife and fork easier, it is important that you hold them properly - like in the picture below. To help you to remember how to hold the knife and fork, put a small elastic band on your knife and fork, as a marker for your index fingers - (we call them 'pointy fingers'!)

Stab and saw

When cutting up food, your fork needs to stab the food, to stop it from moving. Place your knife next to the fork and then use it like a saw, (going forwards and backwards), to cut up the food.

Elbows out are okay!

Do not worry if your elbows stick out to the sides. As you get better using your cutlery it will get easier and your elbows will come down.

Check yourself out!

If you have difficulties finding your mouth and food goes all over, have a small mirror on the table, so that you can watch yourself as you eat. This is just a good way of practicing - you won't need a mirror forever!

Practise makes perfect!

You could use playdough or plasticine to practice using a knife and fork in-between mealtimes.

