

## Cutlery



### Caring cutlery – adult and junior sizes available

Product available from:

[www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)

[www.completecareshop.co.uk](http://www.completecareshop.co.uk)

[www.amazon.co.uk](http://www.amazon.co.uk)



### Kura Cutlery – adult and junior sizes available

Product available from:

[www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)

[www.amazon.co.uk](http://www.amazon.co.uk)

**Caring cutlery** is ergonomically designed with finger guides to facilitate the correct hold when learning to use cutlery and can be especially helpful for children who have difficulties with coordination. It is available on the internet (please see example sites) Your child may require verbal prompting initially to encourage them to hold the cutlery with their index ('pointing') fingers in the guiding holes and 'stab' / 'saw'. Gradually it is hoped they will become more independent and verbal prompts will no longer be needed.

**Hand strength activities may also help your child in developing more control when using their cutlery, here are a few examples:**

- Find hidden objects (marbles / toy cars etc) in a container full of rice or sand.
- Use tongs to pick up/ put down objects – play games such as racing against each other to move all objects from one container to another.
- Pop bubble wrap using your thumb and index finger and to make it trickier try with your other fingers and thumb too. How many can you pop in a minute?
- Snip straws or playdough with scissors - Easy Reach scissors are helpful when learning how to cut or if cutting is tricky (available from PETA(UK)LTD [www.peta-uk.com](http://www.peta-uk.com))
- Use wooden pegs to pick up and post or pass small objects such as cotton wool balls
- Use theraputty / playdough / bread dough / pastry activities to help develop hand strength. Practise holding and using a fork to stab objects i.e. Playdough balls / marshmallows
- Practise using knife and fork together in a variety of activities which motivate **Name\*\*\*\*** and are fun i.e. cooking, messy play (eg finding small chocolates in jelly to collect using fork to stab

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Glen Burley, Chief Executive

Russell Hardy, Chairman