

Cutlery Advice

It can be difficult for children to use standard cutlery to begin with, there are sets available to purchase online with shaped handles that your child may find easier to hold and to use.

Caring Cutlery

Knife, fork and spoon with contoured handles providing the fingers with natural shaping for when a child lacks strength and/or coordination to feed themselves.

Suitable for approx. 5 – 7 years

Also available in larger size for junior to adult hands.



Kura Care Cutlery

Similar to Caring Cutlery with special contoured profiles and finger indents for accurate finger control.



Nana's Manners

Knife and fork cutlery designed to support children in forming the correct 3 fingered grip with stickers to guide little hands.

Suitable for 4- 9 years



Provide a suitable sized knife and fork at each main meal time.

Use a knife and fork at mealtimes yourself to model how it's done.

Practice using a knife and fork together to cut soft food and push food onto the fork.

Practice by placing your hands over your child's hands to encourage placing the right amount of pressure and small movements needed.

Activity ideas to help improve Cutlery skills

- Hammering Activities – Tap-a-shape, toy work tools
- Scooping non-food items – sand, small stones and placing in a bucket
- Colouring – steadying the paper with one hand
- Construction – Lego, bead threading, k-nex
- Cooking / baking – any two handed task, mixing bowl and spoon
- Playdoh Activities – make pretend food and practice using knife and fork to stab playdoh



- Cutting play food sets – practice chopping pretend food down Velcro section

