

Using a Knife to Spread

TIP #1

Make sure your child is sitting or standing comfortably, with the table or benchtop around elbow height. Use a footstool if needed.

TIP #2

Show your child how to angle the knife to spread.

TIP #3

Get your child to check if they have an appropriate amount of spread and that it's on the correct side of the knife.

TIP #4

Start with easy to spread foods like jam, hummus and peanut butter.



Who can help? Where? When?

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My Tips

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Disclaimer

Please note that the information on this handout:

- has been prepared by Developmental Occupational Therapy (WA) Inc., known as DOT (WA) Inc. in good faith as general advice which may not be specific to all children's needs. Accordingly, DOT (WA) Inc. and its officers, employees and agents accept no liability for any injury, loss or damage which may arise directly or indirectly from information on this handout;
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