

Cutting up Food

TIP #1

Make sure your child is sitting comfortably with the table around elbow height and their chair pushed in.

TIP #2

Try a range of child sized cutlery to see which is most comfortable for your child. Consider taking your child with you to choose cutlery.

TIP #3

Start with foods that are easy to cut e.g. sausages, bananas and pikelets.

TIP #4

Show your child how to use a knife and fork: using the fork to stab the food, then sawing with the knife in a diagonal direction across the plate.



Who can help? Where? When?

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My Tips

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Disclaimer

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