

How to start using a knife?

When

Is my child ready?

Using a knife is a task that involves **coordinating both hands** (**gross** and **fine** motor skills) to make **efficiently movements**.

Children learn usually first to spread and cut separately with the knife, before they learn to use it together with a fork to chop food and be independent by self-feeding.



Raising world shapers while learning to eat



Basic Rules

How

Learning to cut food in the kitchen

- Always wear closed-toe shoes.
- Use two hands to cut.
- Show her "**The claw grip**".
- Always use a cutting board.
- No fingers on the cutting board while a knife is being used.
- Hold the knife properly.
- Start with soft foods.
- Start with medium sized foods.
- Start with straight pieces, then move to round ones.

How to start using a knife?



Using knife and fork together to chop food



Make sure:

- Choose knives and forks that are small and have appropriate handles.
- She is sitting at a table.
- She has a good position in the chair.
- She has firm support for her feet.
- To place a non-slip mat underneath the plate to prevent it from sliding when she is learning to cut.
- To start with soft foods like bananas, large pieces of mango, melon, peach, pear, avocado, cooked veggies.

How to start using a knife?

Step by Step

- Demonstrate it yourself, showing her the **claw grip**.
- Tell her to “observe” and slice fruit in front of her with two hands.
- Tell her to observe again and this time put the knife in her hands and guide her through the movements.



While learning to eat
Raising world shapers

The Claw Grip Method

It ensures that finger tips are tucked out of the way and will not get caught by the knife.

- Create a claw by partly curling your fingers together into a claw shape.
- Press your fingertips against the food to be grasped.
- Lean the fingers a little in front of the nails until you can't see them when you look down at your hand.

PRACTICE, PRACTICE AND PRACTICE

Tip: Rolling play dough into a snake and cutting it up, it's a great activity to practice these skills.