

## Eating Meals

### Using a spoon

- Introduce the spoon as early as possible, immediately after weaning or between 9 and 12 months old as a play object
- Initially, your child will play with it but eventually they will make an association between the spoon, their mouth and eating
- When your child shows they can hold the spoon and place it in their mouth, help to guide them in holding the loaded spoon. Assist them by supporting either at the elbow if they can hold the spoon, or by using your hand over theirs to feel the movements they need to make. Gradually, aim to give less and less help. They may need you to place the spoon in their hand to make the correct grip at this stage
- Allow your child to finish off what's left in the bowl to practise self-feeding if you do not want all the food spilled. This will provide them with the success of finishing the task
- Give sticky foods that will readily stick to the spoon like porridge, mashed potato, sticky rice, puddings etc.