



**Children's Rehabilitation Center
Occupational Therapy
Home Program**

Beginning to Use a Spoon



1. Use a Toddler spoon that you can buy at any Discount store. This spoon is small so it is easier for me to control.
2. Foods like mashed potatoes, pudding, grits, or yogurt stay on the spoon when I bring it from the bowl to my mouth.
3. A non breakable bowl with high sides gives me an edge to help scoop the food on my spoon.
4. A non skid bottom or suction cup on the bowl can stop the bowl from sliding or turning over.
5. Use the spoon at the beginning of the meal when I am hungry and let me finger feed too.
6. If I get mad I may need your hand to guide my hand through the process of scooping the food and bringing it to my mouth. As I get used to this process gradually decrease the amount of help you give me.

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