

Family Activities



School Readiness Skill: Feeds self by using utensils

Independence in feeding routines such as breakfast and lunch is important not only in home but also in the school setting. Children can be taught the proper use of eating utensils through patience and practice. There are many foundational skills your child will need in order to make the transition to feeding himself or herself. Below you will find a listing of fun activities that reinforce these foundational skills.

Bath Time Fun

An easy way to reinforce the hand-eye coordination that your child will need when he or she begins to use utensils is to encourage him or her to practice pouring and scooping during bath time using containers of various shapes and sizes.



Play Dough Practice

Playing with play-dough is a great way for your child to strengthen the fine motor skills of his or her hands and fingers. He or she can manipulate the dough by using their hands and fingers to stab, scoop, cut, tear, and pinch.



Watch Me, Now You Try

Often times parents get so busy they don't take the time to show their child exactly how to feed themselves properly. You will also want to provide hand over hand assistance until he or she gets the hang of it. Be sure to offer plenty of praise and encouragement to your child as he or she works through this process. Over time, he or she will begin to master these skills on their own.



Pretend and Play

Another way to practice the use of utensils is for your child to use real utensils to pretend feed a doll or stuffed animal. He or she will also enjoy having imaginary picnics, tea parties, or dinners.



Scooper Dooper

Provide your child with a spoon and an assortment of small dry food items such as cereal, raisins, granola, etc. He or she can practice using the spoon to scoop the food and feed themselves without the fear of making a mess.



Healthy Eating Books

There are many children's books available about healthy food and eating. Check out your local library for some of these exciting choices.



Eating the Alphabet by Lois Ehlert
I will Never Not Eat a Tomato by Lauren Child
Pizza at Sally's by Monica Wellington
Bread and Jam for Frances by Russell Hoban