

Sensory and Physical

What you might see:

You might see a child who:

finds it difficult to use cutlery independently.

struggles to carry a food tray safely.

has difficulty opening food packets or containers.

Fine Motor Skills - Eating

What you can try:

- Encourage independence at lunchtime, such as pouring drinks, serving food, or scraping plates.
- Plan fine motor activities that support eating skills, for example practising cutlery use in play or roleplay areas.
- Provide adapted or age-appropriate cups and cutlery with good grips.
- Ensure seating supports good posture and safe use of cutlery.
- Reduce the need for children with physical difficulties to wait in long queues at lunchtime.