**How to use a knife and fork together**

**My Goal:**

How can I make it fun?

Motivation

**Use food I love!**

How can I be more confident?

Confidence

**Practice at home with mum and dad**

How can I make it easier?

Achievable

Control

**Use soft food which I can cut easily.**

How can I choose how to make this happen?

**Talk with mum and dad**

**Using a knife and fork together**

**My Goal:**

|  |  |  |
| --- | --- | --- |
| **Week** | **Practised** | **Notes**  |
| **Week 1** | **I learnt how to hold it!** | **It was much better with the nail varnish on the fork and knife (mum’s idea!) so I could see where to put my finger.** |
| **Week 2** | **How to hold the pancake with my fork and cut with my knife** | **This was hard – but by the end of the week I got used to it!** |
| **Week 3** | **I tried with bread, with a potato and by the end of the week – started to use it all the time** | **I still can’t cut food like meat.** |
| **Week 4** | **It’s getting a bit easier** | **I don’t look at the nail varnish anymore** |
| **Week 5** | **Practice done!** | **It’s still harder to cut meat – but it’s okay** |
| **Week 6 - 12** | **Getting better at cutting all things now. Improves every week!** |  |
| **How is it going?** | **More confident eating at lunchtime at school with friends** |  |
| **Any changes I want to make?** | **Remove nail varnish now as I don’t need it anymore** |  |
| **Date of Achievement:** | **5 Aug 2024** |  |

**![C:\Users\sbaker22\Local Settings\Temporary Internet Files\IE\UFBR2HPT\Flag[1].png]()My goal in 5 small steps**

Goal:

5.

1.

2.

3.

4.

Goal

5

4

3

2

1

**I need something to help me to know where to put my fingers on the knife and fork. Mum came up with the idea of a blob of nail varnish!**

**Hold the pancake still with my fork**

**Cut with my knife going forwards and backwards until it cuts the pancake**

**Use other foods I like**

**I can do it!**

**My writing**

**It was all difficult at the start.**

**Having lots of small steps**

**How did I do?**

**What do I want help with now?**

**What was difficult?**

**What went well?**

**I can now use a knife and fork**

**I can now tie my shoelaces**

**I can catch a ball**