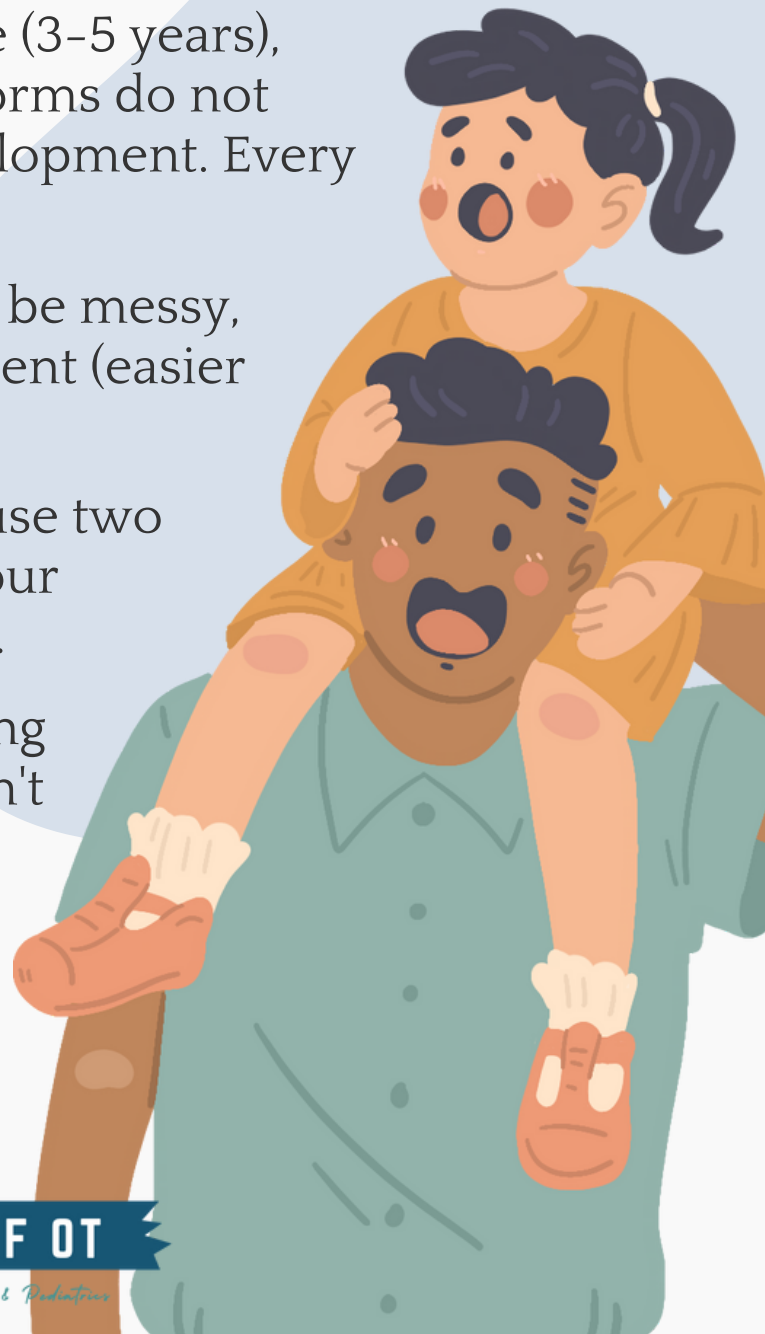


TIPS FOR LEARNING TO USE A SPOON

- Children may start exploring spoons at 14 months and increasing spoon use between 18-24 months. This does **not** mean that they will be efficient this age (3-5 years), and these developmental norms do not reflect neurodivergent development. Every child is different!
- Learning to use a spoon can be messy, tricky, and take time! Be patient (easier said than done).
- Try **co-feeding**: where you use two spoons and both you and your child scoop up bites of food.
- Practice scooping food during play times, where hunger isn't a factor! Feed dolls, scoop playdoh, scoop and pour water!



TIPS FOR LEARNING TO USE A SPOON

Tools to Try:

- Themed Utensils



- Duo Spoon & Dippers

- Utensils with sensory accommodations or wide handles

