

WHAT IS NEWS?

News & Articles

Teaching your kids to use a knife and fork

<https://steppingstonesforchildren.com.au/2015/09/15/teaching-kids-to-use-a-knife-and-fork/>

When can kids feed themselves and other mealtime milestones

<http://mamaot.com/when-can-kids-feed-themselves-mealtime-milestones/>

Fine motor skills for mealtimes

<https://therapyfunzone.net/blog/fine-motor-skills-mealtimes/>

Postural control, gross motor development and mealtime

<https://www.yourtherapysource.com/blog1/2016/10/26/postural-control-mealtime/>

Positioning, Motor skills and table manners: What's the connection?

<https://www.missjaimeot.com/motor-skills-table-manners-whats-the-connection/>

Attention Behaviour and mealtime problems

<https://www.theottoolbox.com/attention-behavior-and-meal-time-problems>

Visual perceptual skills needed for independent feeding

<https://www.growinghandsonkids.com/visual-perceptual-skills-needed-independent-feeding.html>

Teaching students with Visual Impairment Mealtime Independence

<https://www.teachingvisuallyimpaired.com/mealtime-independence.html>

Teaching students with Visual Impairments Kitchen Adaptations

<https://www.teachingvisuallyimpaired.com/kitchen-adaptations.html>

How to teach straw drinking

<https://www.arktherapeutic.com/blog/how-to-teach-straw-drinking/>

Teaching your baby to feed himself

<http://www.candokiddo.com/news/teaching-baby-to-feed-himself>

Step away from the Sippy Cup!

<https://leader.pubs.asha.org/doi/10.1044/step-away-from-the-sippy-cup/full/>

Teaching knife skills in the kitchen

<https://www.ahealthysliceoflife.com/kids-in-the-kitchen-teaching-knife-skills/>

Tel: 078 6634 1659
Email: lizellekeyserot@gmail.com

LIZELLE KEYSER
Paediatric Occupational Therapist

Books

Eating and drinking difficulties in children handbook

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/eating-drinking-difficulties-in-children-handbook>

Products

Fledglings: Variety of different adaptive cutlery, plates and straws

<https://fledglings.org.uk/collections/eating-drinking>

Fledglings: Variety of bibs and neckerchiefs

<https://fledglings.org.uk/collections/bibs-neckerchiefs>

Manoy Plate or “boat plate”

<https://www.nrshealthcare.co.uk/eating-drinking-aids/plates-bowls/manoy-sloped-plate>

Plate surround or Plate guard

<https://www.nrshealthcare.co.uk/eating-drinking-aids/plates-bowls/plate-surround>

Dycem or non-slip mats

<https://www.nrshealthcare.co.uk/eating-drinking-aids/non-slip-mats-and-grips>

Good grip Build up cutlery: Look out for the small spoon, large spoon, fork and/or rocker knife

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cutlery-aids?brand=goodgrips>

Junior Caring Cutlery

<https://www.nrshealthcare.co.uk/eating-drinking-aids/children-s-eating-drinking?brand=carin-gcutlery>

Knork Fork

<https://www.completecareshop.co.uk/eating-aids/adapted-cutlery/knork-fork>

Flexi Cut out cup

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/flexi-cut-cup-pack-of-5>

Safesip Drink cover

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/safesip-drinks-cover>

One way drinking straws

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/the-original-pat-saunders-one-way-drinking-straws>

Tel: 078 6634 1659
Email: lizellekeyserot@gmail.com

LIZELLE KEYSER
Paediatric Occupational Therapist

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/one-way-flexible-straws-coloured-pack-of-15>

Straw holder

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/strawholder-pack-of-10>

Ark Ultra Bear bottle kit for straw drinking

<https://www.tinknstink.co.uk/ark-s-ultra-bear-bottle-kit-for-straw-drinking.html>

Plastazote tubing: To build up the grip on any utensil or tool (you cut to size)

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cutlery-aids/plastazote-tubing-1metre>

Foam tubing: You cut to size; to build up grip on any utensil or tool

https://www.amazon.co.uk/Foam-Tubing-Utensil-Handles-Handicapped/dp/B07R49Q55W/ref=asc_df_B07R49Q55W

Goodie Strap for those who are unable to hold utensil

<https://www.nrshealthcare.co.uk/eating-drinking-aids/cutlery-aids/goodie-strap>

Eazyhold: for those who are unable to hold utensils or tools

Products - <https://eazyhold.com/collections/frontpage>

To buy in the UK -

<https://www.facebook.com/pages/category/Product-Service/EazyHold-UK-Distributor-161188284694381/>

The Hydrant drinking system for wheelchair users

<https://www.mobilitysmart.co.uk/the-hydrant-drinking-system.html>

Qshare Toddler plates Silicone suction placemats with dividers

<https://www.amazon.co.uk/Qshare-One-Piece-Toddlers-Dishwasher-Microwave/dp/B06ZYBS7VV/>

Munchkin: They do a load of different plate dividers

<https://www.amazon.co.uk/Munchkin-Splash-Divided-Plates-Colours/dp/B07D2FF21B/>

Divider Lunchboxes: There is loads of different types on the market

www.amazon.co.uk/MunchBox-Compartments-Toddler-Container-Silicone/dp/B07L8RWS22

<https://www.amazon.co.uk/Sistema-Lunch-Slimline-Quaddie-1-5/dp/B00GJFRQAM>

Apps

I get cooking vocabulary and photo sequence

<https://apps.apple.com/us/app/i-get-cooking-vocabulary/id627533361>

Tel: 078 6634 1659

Email: lizellekeyserot@gmail.com

LIZELLE KEYSER
Paediatric Occupational Therapist

Websites of Interest

Fledglings: selling various kids adaptive equipment

<https://fledglings.org.uk>

Nottingham Rehab centre: selling various adaptive equipment

<https://www.nrshealthcare.co.uk>

Activity ideas

Able2Learn: Visual recipes step by step for free

<https://able2learn.com/categories/visual-recipes>

Dinnertime Cutlery placemats

www.sparklebox.co.uk/previews/8826-8850/sb8849-dinnertime-cutlery-placemats.html

Practice knife skills with playdough

<https://www.herecomethegirlsblog.com/2014/07/02/knife-and-for-skills-for-preschoolers.html>

Please do not hesitate to contact me if you require any further advice or have questions.

Kind regards,

Lizelle Keyser

Independent Occupational Therapist

Date: June 2020

Tel: 078 6634 1659
Email: lizellekeyserot@gmail.com