

SELF CARE EATING MEALS

HIGH CHAIRS INFORMATION SHEET

Mealtimes are an important aspect of family life. Children begin to develop self-feeding skills from birth. Self-feeding is a very complex task and it is common for children to have difficulty using cutlery to feed themselves. It usually takes until a child is 7 years old before they can successfully use cutlery to feed themselves without being too messy. There are a variety of tools that can be used to support children with mealtimes if they continue to find these skills challenging. Many of these are readily available and are not seen as specialist equipment.

POSITIONING AND POSTURE

- It is important that your child is well supported when they are learning any new skill. Initially ensure your child is well supported in a high chair or on your lap. You can use cushions or rolled up towels to help your child to stay sitting up straight in their high chair.

