

Self-care checklist:

Self-feeding development/ activities to support development

1. Posture/ trunk control (ability to sit upright)

- Core stability exercises – tummy time, gym ball exercises, bridging etc.
- Use postural support aids if needed e.g. specialist seating, chair with arms

2. Upper limb strength/ control

- Reaching activities, or keeping a balloon up in the air
- Weightbearing activities such as weightbearing over a peanut ball
- Creating shapes in the air with ribbon wands
- Target practice activities

3. Oral motor skills

- Making silly faces in the mirror
- Blowing raspberries/ blowing bubbles
- Drinking through a straw
- Cheek massage (using hands or vibrating toothbrush to increase awareness)
- Eating crunchy foods

4. Finger feeding

- Finger isolation activities e.g. pointing, pop its, using ipad
- Finger strengthening activities e.g. play doh exercises, jumping frogs
- Pincer grasp activities e.g. Inset puzzles, giant threading, peeling stickers

5. Feeding with a spoon

- Grasp activities such as holding toys or crayons, and practising grasp and release
- Up and down movement – can practise with hula hoop, parachute or practise reaching
- Scooping practise – practise with dry cereals like cheerios and see if all cheerios can survive between loading and reaching the mouth, use a bowl with a lip or plate with sections if needed
- Use a mirror to increase body awareness and feedback

6. Cutting with a knife

- Grasp activities e.g. holding toys, crayons etc.
- Practising movements back and forth e.g. tug of war, push and pull activities, use doddl knife if needed
- Pressure awareness – practise cutting play doh, then cutting slime/ theraputty to increase challenge

7. Coordinating cutlery utensils together

- Practise two handed activities such as stacking cups, Lego, threading activities
- Practise stabbing/ stabilising play doh with the knife, and then moving back and forth with the knife
- Practise positioning by pointing to the food with index finger on the cutlery to increase control

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