



Life-Skills:

Eating & Drinking

Ages 1 year to 2 years

Objective: The child will build fine-motor skills through learning how to use a cup, spoon, fork, and straw properly.

Materials needed:

Spoons (baby, plastic, &/or adult ones)

Forks (baby, plastic ones only)

Cups (regular, plastic/paper, &/or baby sippy cups)

Cup with a straw

Procedures

1. Have your child sit in their highchair for this activity.
2. Place the spoons, forks, and cups down on the tray in front of them.
3. Watch as they will try to grab at the objects.
4. Encourage learning by modeling to them that they can put the spoons inside the cup. Watch to see if they try to do so on own. Now model how to "eat with a spoon and fork" properly.
5. Now teach them how to use the cup with a straw.



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6. Encourage learning by helping them learn how to “suck” from a straw, imitating and modeling for them with your own mouth so they can visually learn and see. Let them try.

7. Encourage the proper use the spoon and fork. Give them food items to try and use both of these properly on their own. Help as necessary.

8. Put the spoon inside the cup, and turn it over. Ask your child: “Where did the spoon go?” See if they know by grabbing at the cup and flipping it over. If they do not do or try on their own, do it for them. Grab the cup and lift it up while saying “There it is!” Continue this kind of hide-n-seek game for however long your child seems interested.

Milestones to meet:

The child can grasp and hold a spoon and fork. The child can hold a cup and can drink from a straw.

Evaluation:

Did this lesson work for your child? Why or why not?