

Lunchtime Guidelines

Name

Date

Seating

A. sits in her TEEZY BREEZY Chair up to the table, with an adult on her right.

Preparation of Food

A. uses a plate and a small metal fork.

A. brings food from home which needs to be microwaved for 1 minute, transferred to a plate and allowed to cool. Please keep each item of food separate when transferring to a plate and check temperature with heat sensitive spoon.

Utensils and Eating

A. wears an apron. She uses a fork in her right hand. She can feed herself independently but needs a lot of adult encouragement and reminders to swallow. She might need an adult to help her put food into her mouth towards the end of dinner. A. has a thickened drink available during her meal.

Pudding

A. usually has a soya dessert which she can eat herself. She uses a small metal spoon in her right hand – prompting as above.

Drink

A. is offered thickened juice (100mls with 1 scoop of thick and Easy powder added) during dinner using a doidy cup. She is encouraged to finish this after her meal and might need encouragement or an adult to spoon it into her mouth.

Wiping Face

A. is encouraged to hold a wet wipe and wipe her face whilst looking in a mirror. She can wash her hands with supervision at the low class sink.