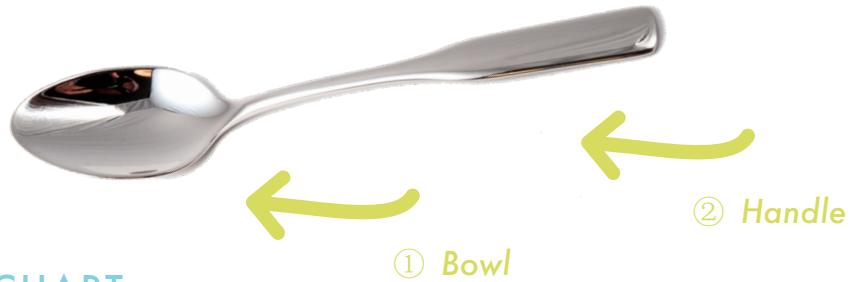


9H: SPOON CHART

There are many different types of spoons of various shapes, sizes, styles and materials. Whatever the type of spoon chosen, it must match a child’s mouth size, shape and her developmental needs.

SPOON ANATOMY:  
PARTS OF A SPOON



SPOON COMPARISON CHART

TYPES OF SPOONS	ADVANTAGES	DISADVANTAGES
Wide Bowl	<ul style="list-style-type: none"> <li>○ Holds more food</li> </ul>	<ul style="list-style-type: none"> <li>○ Usually too large for a small child’s mouth</li> <li>○ Difficult to close mouth around to remove food</li> </ul>
Narrow Bowl	<ul style="list-style-type: none"> <li>○ Usually better sized for a small child’s mouth</li> <li>○ Easier to close mouth around to remove food</li> </ul>	<ul style="list-style-type: none"> <li>○ Holds less food</li> </ul>
Deep Bowl	<ul style="list-style-type: none"> <li>○ Holds more food</li> <li>○ Food stays on spoon well</li> </ul>	<ul style="list-style-type: none"> <li>○ Requires more effort and skills for removing food from bowl</li> </ul>
Shallow Bowl	<ul style="list-style-type: none"> <li>○ Requires less effort and skills for removing food from bowl</li> </ul>	<ul style="list-style-type: none"> <li>○ Holds less food</li> <li>○ Food more likely to fall off</li> </ul>
Long Handle	<ul style="list-style-type: none"> <li>○ Easier for caregiver to hold if they are the feeder</li> <li>○ Less tiring for caregiver to hold</li> </ul>	<ul style="list-style-type: none"> <li>○ Harder for child to hold if they are the feeder</li> <li>○ More tiring for child to hold</li> <li>○ More difficult to aim at mouth for eating</li> </ul>
Short Handle	<ul style="list-style-type: none"> <li>○ Easier for child to hold if they are the feeder</li> <li>○ Less tiring for child to hold</li> <li>○ Easier to aim to mouth for eating</li> </ul>	<ul style="list-style-type: none"> <li>○ Harder for caregiver to hold if they are the feeder</li> <li>○ More tiring for caregiver to hold</li> </ul>
Metal	<ul style="list-style-type: none"> <li>○ More durable</li> <li>○ Easy to find</li> </ul>	<ul style="list-style-type: none"> <li>○ Cold and hard feeling can be off-putting to children with sensitive mouths</li> <li>○ Heavier to hold</li> <li>○ Can damage child’s teeth and gums</li> <li>○ Often too big for children</li> </ul>
Plastic	<ul style="list-style-type: none"> <li>○ Lighter, easier and less tiring to hold</li> <li>○ Less stimulating for sensitive children</li> <li>○ Less likely to damage a child’s teeth and gums</li> </ul>	<ul style="list-style-type: none"> <li>○ Less durable</li> <li>○ Can be dangerous if bitten through by children with strong bite reflexes</li> </ul>

