

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

