

# Buttering/Spreading on Bread



Dyspraxia DCD Ireland ADL Clinic Resource

*See the intro document for support in teaching and learning steps as well as further safety precautions and info.*

*It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.*

## **Set up:**

Gather the equipment needed:

- ✓ Bread
- ✓ Butter or soft spread
- ✓ Knife
- ✓ Non-stick chopping board
- ✓ Adaptive equipment if required (see options below)

## Sequence of Steps:

1. Place the chopping board parallel to the table's edge and place the bread on the board.
2. Place the knife beside the board on the dominant hand side or the side of the hand you use to write (ensure that the knife is suitable for the individual's hand).
3. Place the butter or spread at the top of the board at the same side.
4. To make the task easier toast can be used instead of bread or soft spread can be used instead of butter.
5. Sit at the table perpendicular to the breadboard. Ensure you are sitting well at the table in a chair that fits you.  
*(Remember the 90, 90, 90 rule - 90° at the hip, 90° at the knees, 90° at the ankles)*
6. Pick up the knife with the dominant hand, ensuring the index finger lies along the edge of the knife.
7. Hold the butter container/box in your non-dominant hand.
8. Scoop the butter/spread using the side of your knife.
9. Once butter/spread is on the knife, let go of the spread box.
10. Hold the bread with the non-dominant hand.
11. Turn the knife in your hand so that the spread side of the knife is facing down.

12. Place the spread against the bread and slowly and gently bring the knife from one side to the other (be careful not to lean too heavily on the knife).
13. If this does not work we have some other options that might help.

### **Adaptability:**

To adapt this task, different materials and assistive or adaptive equipment can be used.

### **Materials:**

- Start with softer spreads, humus or soft cheeses that are easier to manipulate.
- Consider heating the butter or knife before use to make the butter easier to spread.
- Use harder, more stable ingredients instead of soft white bread initially. This can include toast, crackers or rice cakes.

## Utensils:

### 1. Sandwich spreader or wide handled spatula:

- Easiest to hold on to and allows for greater surface for scooping



### 2. Mini Spatula

- Wide end and light to use. Also has a wide end to make it easier to spread and they are light and easy to hold on to.



## Surface:

Use a non-stick surface to reduce movement of the bread board:

- Use a board with non-stick corners
- Use Dycem underneath a standard bread board.

## Spread board:

- A spread board or ridged surface can support the holding of the bread by keeping it in one place during the buttering stage.



Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during activities outside of the OT calls and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

