

FEEDING

DEVELOPMENT 0-3 YEARS

0-4
months

- Sucks fingers when near mouth
- Places hands on bottle during feeding
- Recognizes nipple or bottle
- Pats bottle with one or both hands

- Holds bottle independently with one or both hands
- Mouths and gums solid foods
- Opens mouth when a spoon is presented

5-6
months

6-9
months

- Feeds self crackers
- Drinks from a cup held by an adult- some loss of liquid
- Reaches for a spoon when presented
- Bangs a spoon
- Prefers for a parent to feed

- Holds a soft cookie in mouth (9 mo) and bites through it (12 mo)
- Imitates stirring with spoon
- Eats lumpy, mashed food
- Chews using emerging rotary jaw action

9-12
months

12-18
months

- Grasps a spoon with full hand
- Brings full spoon to mouth while turning spoon over
- Begins to drink through straw
- Holds cup with two hands
- Drinks with 4-5 consecutive swallows

- Scoops food with spoon and bring to mouth with spillage
- Drinks from cup with little spillage
- Swallows with lip closure
- Self-feeds frequently
- Chews broad range of food
- Has precise up/down tongue movement

18-24
months

24-36
months

- Bites through a variety of food thickness
- Self-feeds with little spillage
- Holds small, open cup in one hand with little spillage
- Chews with closed lips
- Chews using stable rotary jaw action