|  |  |
| --- | --- |
| **0-3 Months** | * Latches onto nipple or bottle
* Tongue moves forward and back to suck
* Drinks 2 oz. to 6 oz. of liquid per feeding, 6 times per day
* Sucks and swallows well during feeding
 |
| **4-6 months** | * Shows interest in food
* Opens mouth as spoon approaches
* Moves pureed food from front of mouth to back
* Begins to eat cereals and pureed foods – Smooth, pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pears
 |
| **7-9 months** | * In a highchair, holds and drinks from a bottle
* Begins to eat thicker pureed and mashed table foods
* Enjoys chew toys that can massage sore and swollen gums during teething
* Stays full longer after eating
* Starts to look and reach for objects, such as, food that is nearby
* Shows strong reaction to new smells and tastes
 |
| **10-12 months** | * Finger feeds self
* Eating an increasing variety of food
* Begins to use an open cup
* Ready to try soft-cooked vegetables, soft fruits, and finger foods (banana slices, cooked pasta)
* Might be ready to start self feeding with utensils
* Enjoys a greater variety of smells and tastes
 |
| **13-18 months** | * Increases variety of coarsely chopped table foods
* Holds and drinks from a cup
 |

**Feeding Milestones**

**Source:** [**www.pathways.org**](http://www.pathways.org) **(2022)**

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