|  |  |
| --- | --- |
| **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)**

Diagram, application

Description automatically generatedDiagram

Description automatically generated with medium confidenceA picture containing diagram

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