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Feeding Milestones

Food Transitions

- 0-18 months Breast/bottle
- 5 months Baby/single grain cereals
- 5-8 months Stage I and II purees
- 8-12 months Soft mashed table foods (e.g., cheerios, crackers)
- 12-18 months Soft table foods (e.g., soft cooked vegetables, fruits, pressed meats, noodles)
- 18-24 months Meat, hard fruits/vegetables

Oral Skills Development

- 0-1 month Open and closes mouth in response to food stimulus
- 1-5 months Suck-swallow-breath coordination develops
- 4-6.5 months Uses tongue to move food in mouth
- 5-8 months Munches on solids
- 8-10 months Bites foods voluntarily
- 8-12 months Chews foods with coordinated movements
- 18-24 months Chews completely with rotary jaw movements

Self-Feeding Skills

- 3-5 months Holds head steady, brings hands to mouth with a toy or object, places both hands on bottle
- 5-8 months Sits independently may use hands to support, transfers objects from one hand to other
- 8-10 months Finger feeds crackers, uses fingers to move food around in the mouth
- 9-12 months Finger feeds self soft foods, holds a spoon may treat it like a toy hold, bang, mouth it
Independently sits in a variety of positions
- 12-15 months Finger feeding gets more efficient, brings spoon to mouth, turns spoon over
Holds cup handles of sippy cup
- 15-24 months Scoops food feeds self with spoon some spilling

Red Flags

- Difficulty latching onto breast or bottle
- Difficulty transitioning from breast to bottle
- Feeds for infants are longer than 30 minutes
- Child is avoiding entire texture groups or food groups
- 18 month+ child is pocketing food for long periods of time
- 2 year old is eating less than 15 foods

***If your child does not meet most of these milestones, consider scheduling a feeding evaluation.*