

Baby Mealttime Milestones

the first year



4-6 Months:

- Baby can bring their hands to their mouth
- Can also bring a toy/object to mouth in a slightly uncoordinated manner
- Sensitive Gag reflex present
- Baby's core is stronger and has increased control over head and neck movements (readiness sign)
- Places both hands on bottle or breast when drinking
- Baby anticipates food/spoon coming toward him/her
- Munches on food or suckles on spoon



7-9 Months:

- Baby increases lip control and can close lips around spoon and clean it after biting
- Takes more control of biting soft solid foods - voluntarily (banana or other soft solids)
- Gag reflex slightly less sensitive
- Begins to hold own food for voluntary bite
- Baby will start to move food around mouth – usually from center to side of the mouth and back
- Can hold own bottle when drinking
- Can begin to drink/suck from an open cup when supported (adult holds cup)
- Rakes food with hands to scoop forward.
- Begins to use thumb and side of index finger (“inferior pincer” grasp) to pick up small food items and self-feed



Baby Mealttime Milestones

the first year



10-12 Months:

- Starts to take more controlled bites of soft solids
- Baby will be able to drink more efficiently from a straw and develops a true 'suck'
- Starts to drink from open cup with more coordination and control – still support from the adult.
- Starts to move food from one side of mouth to other
- Holds spoon and will use it to play, bang, mouth, drop
- Start to learn how to use feeding utensils during mealtimes
- More inquisitive eater- easily 'distracted' by environment
- More developed pincer grasp in order to pick up small food items and self-feed

