

9A: FEEDING SKILLS TIMELINE: EATING AND DRINKING FROM BIRTH TO 36 MONTHS OLD



Diet	⇒ Only breastmilk or formula
Textures and Consistencies	⇒ Breastmilk or formula consistency
Skills	⇒ Sucking and swallowing when born ⇒ Rooting reflex for finding liquids



Diet	⇒ Slow introduction to age-appropriate solid foods ⇒ Primary reliance on breastmilk or formula
Textures and Consistencies	⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids
Skills	⇒ Improved head and neck strength for sitting and eating



Diet	⇒ Taking more solid food ⇒ Primary reliance on breastmilk or formula
Textures and Consistencies	⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids
Skills	⇒ Learning to eat and drink from spoons and cups ⇒ Sitting upright with little to no support

CH. 9|SECTION 9A: FEEDING SKILLS TIMELINE



Diet	<ul style="list-style-type: none"> ⇒ Eating a greater variety of foods ⇒ Taking larger amounts of food and liquid and less often throughout the day
Textures and Consistencies	<ul style="list-style-type: none"> ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	<ul style="list-style-type: none"> ⇒ Developing early chewing patterns ⇒ Holding a bottle or cup during feedings and self-feeding foods



Diet	<ul style="list-style-type: none"> ⇒ Taking a greater variety of textured food ⇒ Taking larger amounts of food and liquid and less often throughout the day
Textures and Consistencies	<ul style="list-style-type: none"> ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	<ul style="list-style-type: none"> ⇒ Developing more mature chewing patterns ⇒ Biting down through certain food using gums and teeth



Diet	<ul style="list-style-type: none"> ⇒ Eating variety of food textures with growing success
Textures and Consistencies	<ul style="list-style-type: none"> ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	<ul style="list-style-type: none"> ⇒ Drinking from a straw ⇒ Using fingers to self-feed and trying to use utensils ⇒ Drinking from a cup with some loss of liquid



Diet	⇒ Eating most food textures without support
Textures and Consistencies	<ul style="list-style-type: none"> ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids ⇒ Regular solids
Skills	<ul style="list-style-type: none"> ⇒ Feeding self using fingers and utensils without support ⇒ Showing mastery of all oral motor skills for eating and drinking



Diet	⇒ Eating most food textures with growing success
Textures and Consistencies	<ul style="list-style-type: none"> ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids ⇒ Regular solids
Skills	<ul style="list-style-type: none"> ⇒ Using fingers and utensils with greater success ⇒ Drinking from a cup with minimal loss of liquid