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

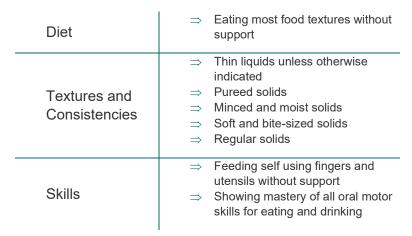






Diet	 ⇒ Eating a greater variety of foods ⇒ Taking larger amounts of food and liquid and less often throughout the day
Textures and Consistencies	 ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	 ⇒ Developing early chewing patterns ⇒ Holding a bottle or cup during feedings and self-feeding foods
Diet	 ⇒ Taking a greater variety of textured food ⇒ Taking larger amounts of food and liquid and less often throughout the day
Textures and Consistencies	 ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	 ⇒ Developing more mature chewing patterns ⇒ Biting down through certain food using gums and teeth
Diet	⇒ Eating variety of food textures with growing success
Textures and Consistencies	 ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids
Skills	 ⇒ 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 with growing success
Textures and Consistencies	 ⇒ Thin liquids unless otherwise indicated ⇒ Pureed solids ⇒ Minced and moist solids ⇒ Soft and bite-sized solids ⇒ Regular solids
Skills	 ⇒ Using fingers and utensils with greater success ⇒ Drinking from a cup with minimal loss of liquid