



Feeding Checklist

	Feeding Milestones	Appropriate Foods	Feeding Tips	
Newborn	<ul style="list-style-type: none"> ☐ Latches on to nipple or bottle ☐ Tongue moves forward and back to suck ☐ Drinks 2 to 6 oz. of liquid per feeding, 6 times per day ☐ Sucks and swallows well during feeding 	<ul style="list-style-type: none"> ☐ Breast milk and/or formula 	<ul style="list-style-type: none"> ☐ A newborn's digestive tract and control of muscles of the mouth are still developing, so they should not be eating any solid foods 	0 to 3 Months
Supported Sitter	<ul style="list-style-type: none"> ☐ Shows interest in food ☐ Opens mouth as spoon approaches ☐ Moves pureed food from front of mouth to back ☐ Begins to eat cereals and pureed food 	<ul style="list-style-type: none"> ☐ Breast milk and/or formula ☐ Infant cereal ☐ Smooth, pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pears 	<ul style="list-style-type: none"> ☐ Homemade purees should have a thick liquid consistency ☐ Make batches of homemade purees and freeze them in ice cube trays. Thaw purees before feeding them to your baby ☐ Babies often explore items by putting them in their mouth, be aware of choking hazards ☐ Having a stronger core and more control over their neck and head movement is important for introducing solids 	4 to 6 Months
Crawler/Independent Sitter	<ul style="list-style-type: none"> ☐ 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 	<ul style="list-style-type: none"> ☐ Breast milk and/or formula ☐ Pureed foods ☐ Yogurt ☐ Soft, mashed foods: <ul style="list-style-type: none"> ☐ Baked Potato ☐ Sweet Potato ☐ Soft finger foods like: <ul style="list-style-type: none"> ☐ Mashed, hardboiled egg yolk ☐ Small pieces of ripe banana ☐ Small pieces of pasteurized cheese ☐ Soft breads ☐ Soft-cooked carrots 	<ul style="list-style-type: none"> ☐ When first introducing thicker purees, mix with a thin puree ☐ Vary thinner purees and thicker purees ☐ Majority of baby's nutrition should still come from breast milk or formula ☐ Introduce new foods one at a time ☐ Eat together at the table during mealtimes ☐ Allow your child to play with food and get messy 	7 to 9 Months
Beginning Walker	<ul style="list-style-type: none"> ☐ 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 (teething biscuits, cooked pasta) ☐ Might be ready to start self feeding with utensils ☐ Enjoys a greater variety of smells and tastes 	<ul style="list-style-type: none"> ☐ Breast milk and/or formula ☐ Chopped foods like: <ul style="list-style-type: none"> ☐ Scrambled egg yolk ☐ Shredded chicken ☐ Sliced deli meats cut into small pieces ☐ Strips of cheese 	<ul style="list-style-type: none"> ☐ Child should be eating 3 meals per day plus several healthy snacks ☐ Use chop option on food processor to serve child the same meal you are eating at an appropriate consistency or mash with fork 	10 to 12 Months
Independent Walker	<ul style="list-style-type: none"> ☐ Increases variety of coarsely chopped table foods ☐ Holds and drinks from a cup 	<ul style="list-style-type: none"> ☐ With pediatrician's approval milk is typically introduced at 1 year old ☐ Fruit cut into small cubes or strips ☐ Bite-sized, soft, cooked vegetables like carrots ☐ Mixed food textures: macaroni and cheese, casseroles ☐ Finger foods like: <ul style="list-style-type: none"> ☐ Small pieces of bagel/sandwich ☐ Cooked pasta ☐ Low sugar cereal 	<ul style="list-style-type: none"> ☐ Encourage self feeding with utensils ☐ Remember: you are in charge of what your baby eats and your baby is in charge of how much they eat 	12 Months and up

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