



Feeding Milestones

Appropriate Foods

Feeding Tips

0-3 Months AND Newborn

- Latches onto nipple or bottle
- Tongue moves forward and back to suck
- Drinks 2 to 6 oz. of liquid per feeding, 6x per day
- Sucks and swallows well during feeding

- Breast milk and/or formula

- A newborn's digestive tract and control of muscles of the mouth are still developing, so they should not be eating any solid foods
- Babies often explore items by putting them in their mouth. Be aware of choking hazards.

4-6 Months AND Supported Sitter

- Shows interest in food
- Opens mouth as spoon approaches
- Moves pureed food from front of mouth to back
- Begins to eat infant cereals and pureed foods

- Breast milk and/or formula
- Infant cereal
- Smooth, pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pears

- Homemade purees should have a thick liquid consistency
- Make batches of homemade purees and freeze in ice cube trays. Thaw purees before feeding to your baby.
- Introduce baby to one new food at a time (every 3 days)
- When transitioning to solids, try starting and ending the meal with milk/formula
- Having a stronger core and more control over their neck and head movement is important for introducing solids

7-9 Months AND Crawler/Independent Sitter

- In a highchair, holds and drinks from 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

- Breast milk and/or formula
- Pureed foods
- Yogurt
- Soft, mashed foods like baked potatoes or sweet potatoes
- Soft finger foods like:
 - Mashed, hardboiled egg yolk
 - Small pieces of ripe banana
 - Small pieces of pasteurized cheese
 - Soft breads
 - Soft, cooked carrots

- 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
- Allow your child to play with food and get messy
- Don't feed baby foods with added salt and preservatives
- Alternate giving baby a straw to drink from and helping baby with an open cup
- Try alternating feeding baby with spoon and letting them try to feed themselves

10-12 Months AND Beginning Walker

- 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
- Might be ready to start self-feeding with utensils
- Enjoys a greater variety of smells and tastes

- Breast milk and/or formula
- Couscous, rice, & quinoa
- Additional finger foods:
 - Scrambled egg yolk
 - Beans/legumes (lentils, black beans, pinto beans)
 - Ground meat
 - Sliced deli meat cut into small pieces
 - Strips of cheese
 - Bread, toast, crackers, & muffins
 - Cooked pasta

- Baby should be eating 3 meals per day plus several healthy snacks
- Use chop option on food processor to serve baby the same meal you are eating at an appropriate consistency or mash with fork
- Serve snacks at consistent times so baby is hungry for meals
- Eat together at the table during mealtimes

12+ Months AND Independent Walker

- Can use open cup independently
- Should be able to eat most foods by 1 year and participate in family mealtime
- Increases variety of chopped table foods

**Remember to correct your child's age for prematurity.*

Please visit www.Pathways.org to find more FREE resources on child development.

- 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 zucchini or broccoli
- Mixed food textures: macaroni and cheese, casseroles
- Finger foods like:
 - Small pieces of bread/bagel
 - Shredded or small pieces of meat/tofu
 - Low sugar cereal
 - Soft fish

- Encourage self-feeding with utensils
- Remember that your job is to provide healthy, safe food options to your baby and your baby is in charge of how much to eat
- Common choking hazards:
 - Hot dogs
 - Nuts
 - Whole grapes
 - Popcorn
 - Hard, sticky, gooey candy