

DEVELOPMENTAL SKILLS

Baby's
Approximate
Age

Mouth Patterns

Hand and Body Skills

Feeding Skills or Abilities

Birth
Through
5 Months

- Suck/swallow reflex
- Tongue thrust reflex
- Rooting reflex
- Gag reflex

- Poor control of head, neck, trunk
- Brings hands to mouth around 3 months

- Swallows liquids
- Pushes most solid objects from the mouth

4 Months
Through
6 Months

- Draws in upper or lower lip as spoon is removed from mouth
- Up-and-down munching movement
- Can transfer food from front to back of tongue to swallow
- Tongue thrust and rooting reflexes begin to disappear
- Less gag reflex
- Opens mouth when sees spoon coming

- Sits with support
- Good head control
- Uses whole hand to grasp object (Palmer grasp)

- Takes in spoonful of pureed or strained food and swallows it without choking
- Drinks small amounts from cup when held by another person, with spilling

5 Months
Through
9 Months

- Begins to control the position of food in the mouth
- Up-and-down munching movement
- Puts food between jaws for chewing

- Begins to sit alone unsupported
- Follows food with eyes
- Begins to use thumb and index finger to pick up objects (Pincer grasp)

- Begins to eat mashed foods
- Eats from a spoon easily
- Holds a bottle with one or both hands
- Drinks from a cup with some spilling
- Begins to feed self with hands

8 Months
Through
9 Months

- Moves food from side-to-side in mouth
- Begins to curve lips around rim of cup
- Chews when food is moved to the side or center of the mouth

- Sits alone easily
- Transfers objects from hand to mouth

- Begins to eat ground or finely chopped food and small pieces of soft food
- Begins to hold and use spoon but prefers to feed self with hands
- Drinks from a cup with less spilling

10 Months
Through
12 Months

- Chews when food is moved to the side or center of the mouth

- Begins to put spoon in mouth
- Begins to hold cup
- Good eye-hand-mouth skills

- Eats chopped food and small pieces of soft, cooked table food
- Begins self-spoon feeding with help



FEEDING BABY

Infant Development & Feeding Skills in Normal, Healthy, Full-Term Infants



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