






# Sequence of Infant Development and Feeding Skills in Normal, Healthy Full-Term Infants\*

## DEVELOPMENTAL SKILLS

Baby's Approx. Age	Mouth Patterns	Hand and Body Skills	Feeding Skills or Abilities
<b>Birth through 5 months</b> 	<ul style="list-style-type: none"> <li>• Suck/swallow reflex</li> <li>• Tongue thrust reflex</li> <li>• Rooting reflex</li> <li>• Gag reflex</li> </ul>	<ul style="list-style-type: none"> <li>• Poor control of head, neck, trunk</li> <li>• Brings hands to mouth around 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Swallows liquids but pushes most solid objects from the mouth</li> </ul>
<b>4 months through 6 months</b> 	<ul style="list-style-type: none"> <li>• Draws in upper or lower lip as spoon is removed from mouth</li> <li>• Up-and-down munching movement</li> <li>• Can transfer food from front to back of tongue to swallow</li> <li>• Tongue thrust and rooting reflexes begin to disappear</li> <li>• Gag reflex diminishes</li> <li>• Opens mouth when sees spoon approaching</li> </ul>	<ul style="list-style-type: none"> <li>• Sits with support</li> <li>• Good head control</li> <li>• Uses whole hand to grasp objects (palmer grasp)</li> </ul>	<ul style="list-style-type: none"> <li>• Takes in a spoonful of pureed or strained food and swallows it without choking</li> <li>• Drinks small amounts from cup when held by another person, with spilling</li> </ul>
<b>5 months through 9 months</b> 	<ul style="list-style-type: none"> <li>• Begins to control the position of food in the mouth</li> <li>• Up-and-down munching movement</li> <li>• Positions food between jaws for chewing</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to sit alone unsupported</li> <li>• Follows food with eyes</li> <li>• Begins to use thumb and index finger to pick up objects (pincer grasp)</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to eat mashed foods</li> <li>• Eats from a spoon easily</li> <li>• Drinks from a cup with some spilling</li> <li>• Begins to feed self with hands</li> </ul>
<b>8 months through 11 months</b> 	<ul style="list-style-type: none"> <li>• Moves food from side-to-side in mouth</li> <li>• Begins to curve lips around rim of cup</li> <li>• Begins to chew in rotary pattern (diagonal movement of the jaw as food is moved to the side or center of the mouth)</li> </ul>	<ul style="list-style-type: none"> <li>• Sits alone easily</li> <li>• Transfers objects from hand to mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to eat ground or finely chopped food and small pieces of soft food</li> <li>• Begins to experiment with spoon but prefers to feed self with hands</li> <li>• Drinks from a cup with less spilling</li> </ul>
<b>10 months through 12 months</b> 	<ul style="list-style-type: none"> <li>• Rotary chewing (diagonal movement of the jaw as food is moved to the side or center of the mouth)</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to put spoon in mouth</li> <li>• Begins to hold cup</li> <li>• Good eye-hand-mouth coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Eats chopped food and small pieces of soft, cooked table food</li> <li>• Begins self-spoon feeding with help</li> </ul>