<table>
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<tr>
<th>Baby's Approx. Age</th>
<th>Mouth Patterns</th>
<th>Hand and Body Skills</th>
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</table>
| **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 but 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  
- Gag reflex diminishes  
- Opens mouth when sees spoon approaching | - Sits with support  
- Good head control  
- Uses whole hand to grasp objects (palmer grasp) | - Takes in a 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  
- Positions 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  
- Drinks from a cup with some spilling  
- Begins to feed self with hands |
| **8 months through 11 months** | - Moves food from side-to-side in mouth  
- Begins to curve lips around rim of cup  
- Begins to chew in rotary pattern (diagonal movement of the jaw as 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 experiment with spoon but prefers to feed self with hands  
- Drinks from a cup with less spilling |
| **10 months through 12 months** | - Rotary chewing (diagonal movement of the jaw as 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 coordination | - Eats chopped food and small pieces of soft, cooked table food  
- Begins self-spoon feeding with help |