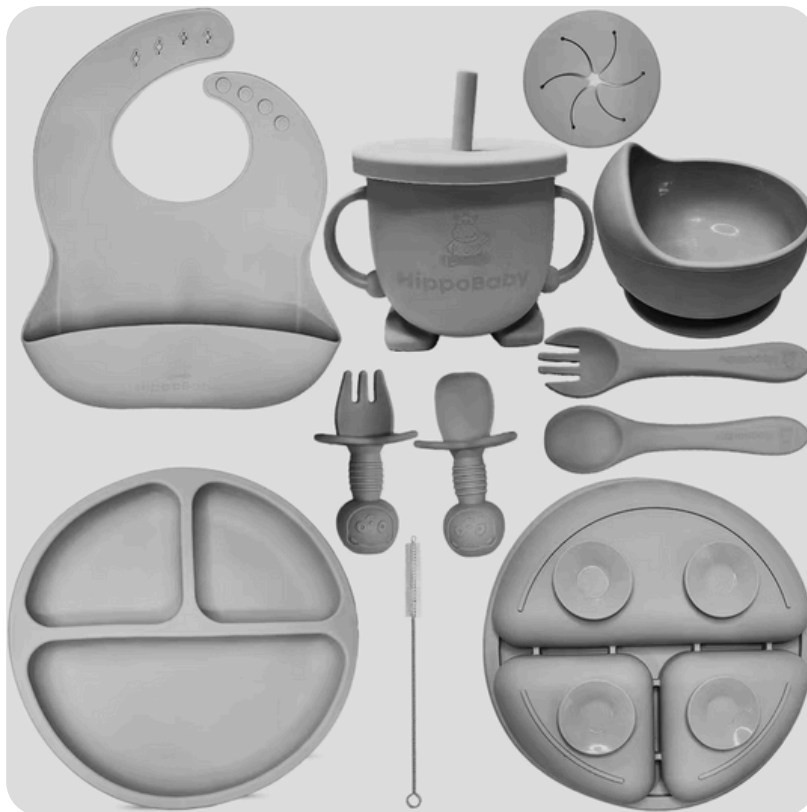




0-12 MONTHS

# FEEDING AND SWALLOWING MILESTONES



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# WELCOME TO OUR MILESTONE CHECKLIST

THESE MILESTONES ARE DESIGNED TO HELP YOU KNOW **WHAT TO EXPECT AS YOUR CHILD GROWS AND DEVELOPS**—AND TO KNOW WHEN TO SEEK THE GUIDANCE OF A SPEECH-LANGUAGE PATHOLOGIST.

WHEN REVIEWING THE MILESTONES, ALSO **CONSIDER THE AGE RANGES BELOW AND ABOVE YOUR CHILD'S AGE**. THESE MILESTONES ARE NOT MEANT TO BE A SCREENING OR DIAGNOSTIC TOOL.

YOU KNOW YOUR CHILD BEST, SO **DON'T WAIT TO GET HELP IF YOUR CHILD IS HAVING TROUBLE** BREASTFEEDING, BOTTLE-FEEDING, OR EATING SOLID FOODS. **GETTING HELP EARLY CAN PREVENT PROBLEMS WITH EATING** AND CAN FOSTER A HEALTHY RELATIONSHIP WITH FOOD FOR YOU AND YOUR CHILD.



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SPEECH PATHOLOGIST SPECIALIZED  
AND CERTIFIED IN EARLY INTERVENTION

# 0-3 MONTHS



## WHAT CAN MY BABY DO?

- ☐ Holds head up when supported.
- ☐ Turns head towards nipple and opens mouth.

## HOW DOES MY BABY EAT AND DRINK?

- ☐ Latches to nipple.
- ☐ Sucks and swallows.

## WHAT SHOULD MY BABY BE EATING AND DRINKING?

- ☐ Human milk and/or formula.

# 4-6 MONTHS



## WHAT CAN MY BABY DO?

- ☐ Brings hands to the breast or bottle.
- ☐ Pats breast or bottle.
- ☐ Brings hands or toys to mouth.
- ☐ Try to sit up in cradle position and holds breast or bottle.
- ☐ Sits supported in highchair with straps and when reclined.

## HOW DOES MY BABY EAT AND DRINK?

- ☐ Opens mouth for spoon.
- ☐ Uses tongue to move food to back of mouth.

## WHAT SHOULD MY BABY BE EATING AND DRINKING?

- ☐ Human milk and/or formula.
- ☐ Infant cereal mixed with breast milk or formula.
- ☐ Smooth baby foods (purees) with no lumps or chunks.



# 6-9 MONTHS



## WHAT CAN MY BABY DO?

- ☐ Holds head up when sitting upright.
- ☐ Leans forward to receive foods.
- ☐ Still needs support from highchair around waist and legs.
- ☐ Reaches for toys and food.
- ☐ Picks up food with fingers.
- ☐ Brings foods to mouth with hands and starts to feed self.
- ☐ Tries to hold spoon.

## HOW DOES MY BABY EAT AND DRINK?

- ☐ Starts to drink from a cup, but may bite cup edge or straw.
- ☐ Drools less.
- ☐ Moves food around mouth using tongue.
- ☐ Munches.

## WHAT SHOULD MY BABY BE EATING AND DRINKING?

- ☐ Human milk and/or formula; may start drinking small amounts of water.
- ☐ Smooth baby foods (purees) with some lumps (minced and moist) like oatmeal.
- ☐ Soft, chewable, solid foods cut into strips like a pancake, toast, or cheese.

# 9-12 MONTHS



## WHAT CAN MY BABY DO?

- ☐ Holds bottle or sippy cup with both hands.
- ☐ Sits upright in highchair with minimal assistance.
- ☐ Holds spoon during meal.
- ☐ Feeds self with fingers.

## HOW DOES MY BABY EAT AND DRINK?

- ☐ Takes a small bite from a larger piece of food.
- ☐ Begins chewing food on both sides of mouth (called "rotary chewing").
- ☐ Closes lips during swallow.

## WHAT SHOULD MY BABY BE EATING AND DRINKING?

- ☐ Soft, bite-sized foods like sliced banana, cheese cubes, or pasta.
- ☐ Human milk and/or formula; may drink small amounts of water.

# FINAL NOTES TO REMEMBER

**CHILDRENS NUTRITIONAL NEEDS CHANGE AS  
THEY GROW AND MAY BE DIFFERENT FROM  
OTHER CHILDREN THEIR AGE.**

IT'S IMPORTANT TO CHECK WITH YOUR CHILD'S PEDIATRICIAN FOR FEEDING RECOMMENDATIONS THAT ARE SPECIFIC TO YOUR CHILD'S NEEDS. EACH CHILD DEVELOPS UNIQUELY EVEN WITHIN THE SAME FAMILY, AND MAY MEET CERTAIN MILESTONES EARLIER OR LATER THAN OTHERS. IF YOUR CHILD DOES NOT MEET MANY OF THE MILESTONES WITHIN THEIR AGE RANGE, VISIT ASHA PROFIND TO FIND AN ASHA-CERTIFIED SPEECH-LANGUAGE PATHOLOGIST (SLP) FOR AN ASSESSMENT.



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## SOURCES

American Speech-Language-Hearing Association (ASHA) 2025. Feeding and Swallowing Milestones: Birth to 1 Year.

<https://www.asha.org/public/developmental-milestones/feeding-and-swallowing-milestones-birth-to-1-year/>