



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Developmental Milestones of Feeding Skills

Developmental Milestones of Feeding Skills

New born -3months

Oral-motor skills gained:

Sucking.

Food example:

Milk.



Utensils used:

Bottle/breast feeding.

6 months

Oral-motor skills gained:

Stabilized mouth opening with the introduction of spoon and cup.

Food example:

Milk and full liquids, along with purees (cerelac, yogurt...)



Utensils used:

- Spoon.
- Cup (you can start with Sippy cups).

9 months

Oral-motor skills gained:

Better control and closure of lips, thus leading to less liquid and food loss during feeding.

Food example:

Soft food (thoroughly cooked rice or vegetables).



Utensils used:

Straw or regular cup (with feeder's support).

12 months

Oral-motor skills gained:

- Partial self-feeding (i.e. Picks up food).
- Bring spoon or cup closely to the mouth.

Food example:

- Thoroughly chopped food.
- Tolerate lumps in food.



Utensils used:

Straw or regular cup (with feeder's support).

15 months

Oral-motor skills gained:

Less spillage with cup drinking.

Food example:

- Thoroughly chopped food.
- Tolerate lumps in food.



Utensils used:

Straw or regular cup (with feeder's support).

18 months

Oral-motor skills gained:

- Self-feeding using spoon and cup.
- Biting and chewing of solids.

Food example:

Solids (bread, sliced apples...).

Utensils used:

Wean off bottle feeding gradually.



24 months

Oral-motor skills gained:

Adequate feeding skills (independent).

Food example:

Tolerate any kind of food and liquids.

Utensils used:

Any type of utensils can be used.



لأن الوعي وقاية ..

إدارة التثقيف الصحي

**Communication & Swallowing
Disorders Dept.**

HEM.16.000103

