### Sequence of Development and Feeding Skills

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<tr>
<th>Baby’s Approx. Age</th>
<th>Mouth Patterns</th>
<th>Hand and Body Skills</th>
<th>Feeding Skills or Abilities</th>
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| Birth through 5 months   | • Suck/swallow reflex  
• Tongue thrust reflex  
• Rooting reflex  
• Gag reflex                                                   | • Poor control of head, neck, trunk  
• Needs head support  
• Brings hands to mouth around 3 months                          | • Swallows liquids but pushes most solid objects from the mouth  
• Coordinates suck-swallow-breathe while breast or bottle feeding  
• Tongue moves forward and back to suck                          | Hunger cues:  
• Wakes and tosses  
• Sucks on fist  
• Cries or fusses  
• Opens mouth while feeding to indicate wanting more               |
|                          |                                                                              |                                                                                      |                                                                                           | Fullness cues:  
• Seals lips together  
• Turns head away  
• Decreases or stops sucking  
• Spits out the nipple or falls asleep when full                    |
| 4 months through 6 months| • Up-and-down munching movement  
• Can transfer food from front to back of tongue to swallow  
• Draws in upper or lower lip as spoon is removed from mouth  
• Tongue thrust and rooting reflexes begin to disappear  
• Gag reflex diminishes  
• Opens mouth when sees spoon approaching                          | • Sits with support  
• Controls head  
• Uses whole hand to grasp objects (palmer grasp)  
• Recognizes spoon and holds mouth open as spoon approaches        | • Takes in a spoonful of pureed or strained food and swallows without choking  
• Drinks small amounts from cup (with spilling) held by another person, with spilling | Hunger cues:  
• Cries or fusses  
• Smiles, gazes at caregiver, or coos during feeding to indicate wanting more  
• Moves head toward spoon or tries to swipe food towards mouth     |
|                          |                                                                              |                                                                                      |                                                                                           | Fullness cues:  
• Decreases rate of sucking or stops sucking when full  
• Spits out the nipple  
• Turns head away  
• May be distracted or pays attention to surroundings more          |
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| 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  
• Transfers food from one hand to the other  
• Tries to grasp foods such as toast, crackers, and teething biscuits with all fingers and pull them toward her palm | • Begins to eat mashed foods  
• Eats from a spoon easily  
• Drinks from a cup with some spilling  
• Begins to feed self with hands | Hunger cues:  
• Reaches for spoon or food  
• Points to food  
Fullness cues:  
• Eating slows down  
• Clenches mouth shut or pushes food away |
| 8 months through 11 months | • Moves food from side-to-side in mouth  
• Begins to use jaw and tongue to mash food  
• 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 use thumb and index finger to pick up objects (pincer grasp)  
• Feeds self finger foods  
• Plays with spoon at mealtimes, but does not spoon feed yet | • 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 | Hunger cues:  
• Reaches for food  
• Points to food  
• Gets excited when food is presented  
Fullness cues:  
• Eating slows down  
• Pushes food away |
| 10 months through 12 months | • Rotary chewing (diagonal movement of the jaw as food is moved to the side or center of the mouth) | • Feeds self easily with fingers  
• Begins to put spoon in mouth  
• Dips spoon in food rather than scooping  
• Demands to spoon-feed self  
• Begins to hold cup with 2 hands  
• Drinks from a straw  
• Good eye-hand-mouth coordination | • Begins to eat chopped food and small pieces of soft, cooked table food  
• Begins self spoon feeding with help  
• Bites through a variety of textures | Hunger cues:  
• Expresses desire for specific food with words or sounds  
Fullness cues:  
• Shakes head to say “no more” |