

Months	Developmental milestones	Feeding milestones	Start feeding your baby/toddler
0 – 3	<ul style="list-style-type: none"> <li>• Birth</li> <li>• Smiling</li> <li>• Early laughing</li> </ul>	<ul style="list-style-type: none"> <li>• Roots effectively</li> <li>• Sucks and swallows</li> <li>• Extends tongue beyond lips</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk or formula milk only</li> </ul>
3 – 5	<ul style="list-style-type: none"> <li>• Lifting head</li> <li>• Smiling</li> <li>• Laughing</li> <li>• Ability to notice reflection in mirrored surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• Closes lips to seal mouth</li> <li>• Moves tongue in and out easily</li> <li>• Draws in lower lip</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk or formula milk only</li> </ul>
5 – 6	<ul style="list-style-type: none"> <li>• Crawling</li> <li>• More developed vocal range</li> <li>• More extensive vocalization</li> <li>• Awareness of own body parts</li> </ul>	<ul style="list-style-type: none"> <li>• Makes chewing movements</li> <li>• Can control sucking impulse</li> <li>• Opens mouth to accept spoon</li> <li>• Turns head freely to feed</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk or formula milk</li> <li>• Small amounts of infant rice or cereal mixed with breast milk or formula milk</li> <li>• Single ingredient fruit and vegetable purees mixed with breast or formula milk</li> </ul>
6 – 7	<ul style="list-style-type: none"> <li>• Sit without support</li> <li>• Reaches for things with a sweeping motion</li> <li>• Imitates speech sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Grasps food and utensils and draws them towards the mouth</li> <li>• Sits without support</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk or formula milk</li> <li>• Mixed ingredient purees and mashes</li> <li>• Egg yolks (well cooked)</li> <li>• Fromage frais</li> <li>• Yoghurt</li> <li>• Mashed potatoes</li> <li>• Mashed bananas</li> <li>• Apple sauce</li> <li>• Wheat/high protein cereals</li> </ul>
7 – 8	<ul style="list-style-type: none"> <li>• Sit alone</li> <li>• Reach, grasp and move items</li> <li>• Says 'dada' and 'mama' to both parents</li> <li>• Starts crawling</li> <li>• Passes objects from hand to hand</li> </ul>	<ul style="list-style-type: none"> <li>• Controls tongue for easier spoon feeding</li> <li>• Sucks from a cup</li> <li>• Tolerates non-pureed foods</li> </ul>	<ul style="list-style-type: none"> <li>• Pureed meats</li> <li>• Bite sized pieces of cheese</li> <li>• Fruit juice from a cup</li> </ul>
8 – 9	<ul style="list-style-type: none"> <li>• Stands while holding on to a support</li> <li>• Combines syllables into wordlike sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Drinks from a cup</li> <li>• Understands spoon function</li> </ul>	<ul style="list-style-type: none"> <li>• Finger foods:</li> <li>• Soft small pieces of soft, chopped fruit and vegetables</li> <li>• Toast</li> <li>• Tuna</li> </ul>
9 – 12	<ul style="list-style-type: none"> <li>• Waves goodbye</li> <li>• Crawls well</li> <li>• Early walking</li> <li>• Cruising' from handhold to handhold</li> </ul>	<ul style="list-style-type: none"> <li>• Develops pincer grasp</li> <li>• Has rotary chewing movements</li> <li>• Holds and moves food into mouth</li> <li>• Tries to feed self</li> <li>• Enjoys food with noticeable lumps</li> <li>• Able to bite through a soft biscuit</li> </ul>	<ul style="list-style-type: none"> <li>• Table foods/family foods</li> <li>• Soft</li> <li>• Not too spicy (but not completely bland)</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Cereals</li> <li>• Bread</li> <li>• Beans</li> <li>• Meats, fish</li> <li>• Cheese</li> </ul>
12 – 18	<ul style="list-style-type: none"> <li>• Imitates others' activities</li> <li>• Walking</li> <li>• Jabbers wordlike sounds</li> <li>• Indicates wants with gestures</li> <li>• Early talking</li> </ul>	<ul style="list-style-type: none"> <li>• Uses a spoon effectively</li> <li>• Sticks out tongue and spits</li> <li>• Less frantic at mealtimes</li> <li>• Able to feed self quietly</li> <li>• Able to bite through harder foods depending on the presence of teeth</li> <li>• Drinks some water during the day</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Whole egg</li> </ul>
18 – 24	<ul style="list-style-type: none"> <li>• Talking</li> <li>• Running</li> </ul>	<ul style="list-style-type: none"> <li>• Chewing more challenging foods</li> <li>• Chewing with their lips closed</li> <li>• Drinking without spillage</li> <li>• By 24 months, able to manage any type of food (although choking hazards still need to be cut into small pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• From 24 months, any foods in smaller portions with less seasoning</li> <li>• Unpasteurised cheeses</li> <li>• Blue cheeses</li> </ul>
24 – 36		<ul style="list-style-type: none"> <li>• Helps in the kitchen!</li> </ul>	<ul style="list-style-type: none"> <li>• Family foods</li> </ul>