

Eating Skills-Milestones

Activity

Approximate Age

• Sucks and swallows liquids	Birth
• Gagging reflex	Birth
• Sucks and swallows liquids supplied from spoons	2 months
• Eats strained baby foods from spoon	3 months
• Brings hand against bottle when eating	3 months
• Sips from a cup that is held for him/her	4 months
• Becomes excited when hearing sounds of food preparation	4 months
• Holds spoon but needs assistance	5 months
• Can feed self soft food	6 months
• Begins to bite and chew food	6 months
• Holds own baby bottle	7 months
• Can chew small lumpy food	8 months
• Can take bottle out of mouth and replace it	9 months
• Can use fingers to feed him/herself	10 months
• Holds cup with two hands	1 year
• Chews table food	13-15 months
• Can grasp spoon and place in mouth with some spilling	15 months
• Can manage spoon without assistance with little spilling	1 1/2 years
• Requests food when hungry	23 months
• Requests liquids when thirsty	23 months
• Can hold a small glass with one hand unassisted	2 years
• Can use a fork to grab food	3 years
• Can spread butter on bread	3 years
• Can help set table	4 years
• Can use a fork to separate food	4 years
• Can pour water from a pitcher into a glass	4 years
• Can use a knife to cut food	5 years
• Can set that table without assistance	6 years