

CAROLINA

Speech & Feeding Center

1901 Brunswick Ave, Suite 220, Charlotte, NC 28207
phone 704-380-0799 fax 704-278-0146

Pediatric Feeding Milestones

<p>Birth to 4-6 months</p>	<ul style="list-style-type: none"> • Solely bottle/breast fed • Develops hunger/satiation cycle, slowly increasing volume taken in as well as time between feedings 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Volume limiting • Arching/Stiffening with feedings • Consistent Irritability following feedings • Excessive loss of milk while sucking • Coughing, choking, gagging during feedings
<p>4-6 months up to 8-9 months</p>	<ul style="list-style-type: none"> • Child accepts thinner purees • May lose some food anteriorly once in mouth • Slowly accepts thicker purees • Begin introduction of cup (straw or sippy) • Munch chew pattern present 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Consistent gagging with presentation of purees that does not decrease with practice • Refusals of the spoon • No opening of mouth for spoon when placed at lips
<p>9-10 months up to 12 months</p>	<ul style="list-style-type: none"> • Child accepts thicker purees, mashed soft solids • Transitioning to taking most liquids from a cup instead of a bottle 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Refusals of food • Difficulty transitioning from liquid diet to more solids
<p>12 to 15 months</p>	<ul style="list-style-type: none"> • Diagonal chew emerging • Eating more table foods • Child begins biting off small pieces from larger pieces 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Continued suckling of food instead of chewing • Gagging with increasing texture • Difficulty transitioning off bottle
<p>16 to 18 months</p>	<ul style="list-style-type: none"> • Eating mostly foods that require chewing • Able to eat most table foods • Losing minimal to no food anteriorly while chewing and drinking 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Continued suckling of food instead of chewing • Gagging with increasing texture • Difficulty transitioning off bottle
<p>18 to 24 months</p>	<ul style="list-style-type: none"> • Diagonal rotary chew present • Able to eat all textures of food • Drink from open cup with more control 	<p>Red Flags:</p> <ul style="list-style-type: none"> • Continued suckling of food instead of chewing • Gagging with increasing texture • Difficulty transitioning off bottle

**** If a child is not meeting the milestones described above or demonstrating any of the 'Red Flags', an oral motor/feeding evaluation is recommended.**