



**Feeding and Oral-Motor
Therapy for infants and
Toddlers**

FEEDING MILESTONES

AGE	FEEDING MILESTONES
Newborn- 1 month	<ul style="list-style-type: none"> ✓ Suckles on nipple ✓ Rooting reflex present ✓ Fisted hands across chest during feeding ✓ Incomplete lip closure
2 Months	<ul style="list-style-type: none"> ✓ Suckling pattern present ✓ Anterior-posterior movement of tongue ✓ Lip closure improved
3 Months	<ul style="list-style-type: none"> ✓ Nipple feeds continue
4 Months	<ul style="list-style-type: none"> ✓ Lip pursing ✓ Blowing bubbles with saliva
5 Months	<ul style="list-style-type: none"> ✓ Tongue with small range of up-down movements ✓ Eating pureed
6 Months	<ul style="list-style-type: none"> ✓ Moving with a wide range of tongue and jaw movements ✓ Teething ✓ Increase active oral exploration with toys, objects and fingers ✓ Spoon feeding develops between 4-6 months ✓ Cup drinking usually two months after spoon feeding
7 – 9 Months	<ul style="list-style-type: none"> ✓ Drooling only with teething ✓ Cup drinking, lower lip as stabilizer at 9 months ✓ Mouth closure around cup rim
10- 12 Months	<ul style="list-style-type: none"> ✓ Self-finger feeding ✓ Increased co-ordinated oral movements ✓ Chews with up-down rotary movements
13-18 Months	<ul style="list-style-type: none"> ✓ Movement in lips ✓ Fully co-ordinated phonating, swallowing and breathing ✓ All textures taken
19-24 Months	<ul style="list-style-type: none"> ✓ Swallows with lip closure ✓ Up-down tongue movements precise ✓ Self-feeding predominates ✓ Chewable foods ✓ Rotary chewing ✓ Independent food intake
2-3 Years	<ul style="list-style-type: none"> ✓ Lip closure with chewing ✓ Solids ✓ Total self-feeding

DEVELOPING FOOD TOLERANCE

- Begin with food which is pureed and without lumps.
- Introduce new food gradually by slowly adding in different textures e.g. adding baby cereal into yoghurt to create a different taste.
- If your baby refuses the food, keep introducing the food gradually and mixing it up with different types of food.
- As adults we can remember tastes that we do not like, however with babies their memory span is different so after a while of not eating an initially disliked food type, they will start to eat it.
- When transitioning foods try the following food types:
 - mashed potatoes*
 - yoghurt*
 - Soft puddings*
 - soup*
 - gravy*
 - ice cream*
- Try adding in pediasure into food to increase nutritional and weight gain.