

Feeding: Typical Development

* This handout summarizes the typical development of feeding in the first 30 months of life *

| <u>AGE</u> | <u>MILESTONES</u> | <u>FOOD TYPE</u> | <u>QUANTITY</u> | <u>METHOD</u> |
|---------------|--|---|--------------------------------|------------------------|
| 0-3 m | rhythmic/reflexive suckle-swallow-breathe | milk, liquids | 2-6 oz./feed 6+ feeds/day | breast or bottle |
| 4-6 m | sucking replaces suckle phasic bite decreases munching emerge may begin some cup drinking | milk, liquids pureed foods | 9-10 oz./feed 4-6 feeds/day | breast/bottle spoon |
| 7-9 m | active lip closure munching on soft solids finger feeding (rakes food) cup drinking mouthing toys begin side-to-side tongue movements (lateralization) | milk, liquids purees baby cereals | 11+ oz./feed 4-6 feeds/day | bottle/cup spoon |
| 10-12m | controlled bite/munching graded mouth opening moves food from midline to sides of mouth pincer grasp - more precise finger feeding | all of above+ ground/mashed | 11+ oz./feed 4-6 feeds/day | bottle cup spoon |
| 12-15m | refine tongue lateralization licking food off lips brings filled spoon to mouth | all of above + finely chopped | | |
| 15-18m | chews with lips closed upper teeth clean lower lip feeds messily with spoon | all of above + table foods | | cup spoon fork |
| 24-30m | decreased/absent drooling eats well with spoon rotary jaw movement for chewing | | | |

References and Resources (available in the TelAbility Bookstore):

- Stevenson,RD & Allaire, JH (1996). Developmental pre-feeding checklist: A global approach. In Sullivan and Rosenbloom *Feeding the disabled child* MacKeith Press, London
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- Walter, RS (1994). Issues Surrounding the Development of Feeding and Swallowing In *Disorders of feeding and swallowing in infants and children.*, Singular Publishing, San Diego, California
- Jepsen,C & Nickel,RE (2000). *Nutrition and Growth In The physician's Guide to Caring for Children with Disabilities and Chronic Conditions*, page 82,Brooks Publishing Company, Baltimore, Maryland