



Development Stage	New born	Head Up	Supported Sitter	Independent Sitter	Crawler	Beginning to Walk	Independent Toddler
Physical Skills	<ul style="list-style-type: none"> Needs head support 	<ul style="list-style-type: none"> More skilful head control with support emerging 	<ul style="list-style-type: none"> Sits with help or support On tummy, pushes up on arms with straight elbows 	<ul style="list-style-type: none"> Sits independently Can pick up and hold small object in hand Lean towards food or spoon 	<ul style="list-style-type: none"> Learns to crawl May pull self to stand 	<ul style="list-style-type: none"> Pulls self to stand Stands alone Takes early steps 	<ul style="list-style-type: none"> Walks well alone Runs
Eating Skills	<ul style="list-style-type: none"> Baby establishes a suck-swallow-breath pattern during breast or bottle feeding 	<ul style="list-style-type: none"> Breastfeeds or bottle feed Tongue moves forward and back to suck 	<ul style="list-style-type: none"> May push food out of mouth with tongue, which gradually decreases with age Moves pureed food forward and backward in mouth with tongue to swallow Recognizes spoon and holds mouth open as spoon approaches 	<ul style="list-style-type: none"> Learn to keep thick purees in mouth Pulls head downward and presses upper lip to draw food from spoon Can transfer food from one hand to other Can drink from a cup held by a feeder 	<ul style="list-style-type: none"> Learns to move tongue from side to side to transfer food around mouth and push food to the side of the mouth so food can be mashed Begins to use jaw and tongue to mash food Plays with spoon at mealtime, may bring it to mouth, but does not use it for self-feeding yet Holds cup independently Hold small foods between thumb and first finger 	<ul style="list-style-type: none"> Feeds self easily with fingers Can drink from a straw Can hold cup with two hands and take swallows More skilful at chewing Dips spoon in food rather than scooping Demands to spoon-feed self Bites through a variety of textures 	<ul style="list-style-type: none"> Chews and swallows timer foods skilfully Learns to use a fork for spearing Uses spoon with less spilling Can hold cup in one hand and set it down skilfully
Baby's Hunger & Fullness Cues	<ul style="list-style-type: none"> Cries or fusses to show hunger Gazes at caregiver, opens mouth during feeding indicating desire to continue Spits out nipple or falls asleep when full Stops sucking when full 	<ul style="list-style-type: none"> Cries or fusses to show hunger Gazes, smiles at caregiver, or coos during feeding to indicate desire to continue Spits out nipple or falls asleep when full Stops sucking when full 	<ul style="list-style-type: none"> Moves head forward to reach spoon when hungry May swipe the food toward the mouth when hungry Turns head away from spoon when full May be distracted or notice surrounding more when full 	<ul style="list-style-type: none"> Reaches for spoon or food when hungry Points to food when hungry Slows down in eating when full Clenches mouth shut or pushes food away when full 	<ul style="list-style-type: none"> Reaches for food when hungry Points to food when hungry Shows excitement when food is presented when hungry Pushes food away when full Slows down in eating when full 	<ul style="list-style-type: none"> Expresses desire for specific foods with words or sounds Shakes head to say "no more" when full 	<ul style="list-style-type: none"> Combines phrases with gestures such as "want that" and pointing Can lead parent to refrigerator and point to a desired food or drink Uses words like "all done" and "get down" Plays with food or throws food when full
Appropriate Foods & Textures	<ul style="list-style-type: none"> Breast milk or infant formula 	<ul style="list-style-type: none"> Breast milk or infant formula 	<ul style="list-style-type: none"> Breast milk or infant formula Infant cereals Thin pureed foods 	<ul style="list-style-type: none"> Breast milk or infant formula Infant cereals Thin pureed foods Thicker pureed baby foods Soft mashed foods without lumps 100% Juice 	<ul style="list-style-type: none"> Breast milk or infant formula Infant cereals Pureed foods Soft or ground mashed foods with tiny soft noticeable lumps 100% Juice Foods with soft texture Crunchy foods that dissolve (such as baby biscuits or crackers) Increase variety of flavours offered 	<ul style="list-style-type: none"> Breast milk, infant formula or whole milk 100% Juice Coarsely chopped foods, including foods with noticeable pieces Foods with soft to moderate texture Toddler foods Bite-sized pieces of foods 	<ul style="list-style-type: none"> Whole milk 100% Juice Coarsely chopped foods Toddler foods Bite-sized pieces of foods Becomes efficient at eating foods of varying textures and taking controlled bites of soft solids, hard solids, or crunchy foods by 2 years