

General Feeding Progression

Age (in Months)	Presentation	Recommended Food Type	Oral Motor Skills
Birth - 4	Nipple	Breast milk or formula	Suckling becomes sucking
4 - 6	Nipple, spoon	Breast milk or formula; iron-fortified cereal mixed with breast milk or formula	Mature sucking pattern, sucking from spoon
6 - 8	Nipple, spoon, cup introduced (8 months)	Breast milk or formula; commercial pureed baby foods or pureed table foods (no sugar or salt added); new grains introduced	Primitive reflexes are diminishing (rooting, biting); munching/chewing solids
8 - 12	Nipple, spoon, cup, self-feeding without utensils	Breast milk or formula, nonacidic juices (apple, pear, grape), finger foods (crackers, bread, pasta, cereal), meat & other finely chopped proteins introduced (ground meat, cheese, legumes, egg yolks)	Upper lip used to clean spoon, tongue lateralization begins, biting on objects
12 - 15	Nipple (weaning), cup, spoon, self-feeding without utensil	Liquids, pureed, chopped fine solids, coarsely chopped table foods (15 months)	Tongue lateralization, rotary chew emerges
15 - 24	Cup, self-feeding with utensils (fork/spoon)	Table foods	Rotary chew, increased jaw stability in cup drinking

Reference for General Feeding Progression –
 Hall, Kelly Dailey. Pediatric Dysphagia: Resource Guide. Clifton Park, NY: Delmar, 2001.