

	0 - 3 months	4 - 6 months	7 - 9 months
Gross motor skills	• Flexion	• Roll	• Sit up (7-8 months) • Crawl (8-9 months)
Drinking skills	• Breastmilk or formula only • Drinks from bottle or breast • Suckle: in and out movement of tongue	• Suck: up and down movement of tongue • 2-6 oz every 2-4 hours (4 mos) • 8-10 oz every 4-6 hours (5-6 mos)	• Sip from open cup or straw
Spoon-feeding skills		• Opens mouth to take bite off spoon • Suckle off spoon (4 months)	• Upper lip can remove food from spoon
Self-feeding skills		• Puts fingers in mouth with puree on them	• Brings spoon to mouth with lots of spilling
Biting skills		• Phasic biting pattern (5-6 mos)	• Holds soft food between molars with little bite
Chewing skills		• Munching pattern (5-6 mos)	• Moves tongue side to side if food is placed on sides
	12 - 14 months	15 - 18 months	19 - 24 months
Gross motor skills	• Crawl (10-12 months) • Walk (12-14 months)	• Walk	• Beginning to run • Jump emerging
Drinking skills	• Drink from cup with tongue or teeth on bottom rim	• Drink from cup or straw with consecutive sips	• Drink from cup or straw with appropriate pattern
Spoon-feeding skills	• Cleans food off lips with tongue		• Moves tongue side to side
Self-feeding skills	• Uses a spoon or fork to feed self		• Feeds self with spoon or fork
Biting skills	• Controlled, sustained bite of soft foods	• Controlled, sustained bite of hard solids	• Can bite any consistency
Chewing skills	• Vertical/diagonal chewing	• Beginning circular rotary chew	• Rotary pattern chewing



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