

Your Blossoming Baby

What does it mean to be **developmentally ready** for solid foods? The following information (based on the average, healthy, full term infant) can help you understand your growing baby's body and behavior. *Note: Some infants develop skills earlier or later than described here.*



Age in Months

Signs of Development and Acquired Feeding Skills

4-6	<ul style="list-style-type: none"> • Up and down munching • Can transfer food from front of mouth to back of mouth • Tongue thrust, gag, and rooting reflexes diminish • Recognizes spoon and opens mouth as spoon approaches • Sits up with support and has good head control
5-9	<ul style="list-style-type: none"> → Can control position of food in mouth → Positions food between jaw for chewing → Can sit alone unsupported → Follows food with eyes → Can transfer food from one hand to the other → Grasps bread-like foods with all fingers → Begins eating mashed foods → Can easily eat from a spoon when spoon fed → Begins self feeding with hands
8-11	<ul style="list-style-type: none"> • Can move food from side-to-side in mouth • Uses tongue and jaws to mash food in mouth/rotary chewing • Begins grasping with forefinger and thumb • Self feeds finger foods • Plays with spoon (doesn't spoon feed self yet) • Begins eating ground or finely chopped, soft foods
10-12	<ul style="list-style-type: none"> → Easily self feeds finger foods → Dips spoon in food, puts spoon in mouth (can spoon feed self with help) → Demands to spoon feed self → Can hold a cup with two hands → Can drink from a straw → Good hand-eye-mouth coordination → Eats small pieces of chopped, soft cooked food → Bites through variety of textures

Source: United States Department of Agriculture. (2016). *Infant Nutrition and Feeding: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)*