

# SPEECH THERAPY

## FEEDING MILESTONES HANDOUT

### Feeding Developmental Milestones

0-6 mos	6-12 mos	12-18 mos	18-24 mos	2-3 years
<p><b>Oral Motor Skills:</b> <b>0 to 3 months</b> Latches to nipple Sucks and swallows</p> <p><b>Safe Foods:</b> Human milk and/or formula</p> <p><b>4 to 6 months</b> Opens mouth for spoon</p> <p>Uses tongue to move food to back of mouth for swallowing</p> <p><b>Safe Foods:</b> Human milk and/or formula, infant cereal mixed with breast milk or formula*, smooth baby foods (purees) with no lumps or chunks</p>	<p><b>Oral Motor Skills:</b> <b>6 to 9 months</b> Starts to drink from a cup  Drools less  Moves food around mouth using tongue  Munches</p> <p><b>Safe Foods:</b> Human milk and/or formula, water, smooth baby foods w/ lumps, soft, chewable solid foods</p> <p><b>9 to 12 months</b> Takes a small bite from a larger piece of food  Begins chewing food on both sides of mouth (called "rotary chewing")  Closes lips during swallow</p> <p><b>Safe Foods:</b> Human milk and/or formula, water, soft bite-sized foods</p>	<p><b>Oral Motor Skills:</b> Uses tongue to move food from side to side in mouth  Drinks from straw without help and without spilling</p> <p><b>Safe Foods:</b> Foods made of mixed consistencies  Human milk, pasteurized whole milk, water</p>	<p><b>Oral Motor Skills:</b> Consistently chews food on both sides of mouth  Moves food around mouth, chews, and swallows without spilling</p> <p><b>Safe Foods:</b> Foods that require a lot of chewing, like chicken breast  Child still requires adult to cut more challenging foods into smaller pieces to prevent choking  Human milk, pasteurized whole milk, water</p>	<p><b>Oral Motor Skills:</b> Drinks from an open cup without spilling  Chews all foods, including those with tougher textures, without gagging or choking</p> <p><b>Safe Foods:</b> Most crunchy, hard, or mixed food textures, but parents should avoid offering foods that carry a choking risk  Child still requires adult to cut more challenging foods into smaller pieces to prevent choking</p>

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# Milestones Nutritional Guide

**The American Dietetic Association  
(ADA), Roberta Larson Duyff**



## **Milestones Nutritional Guide:**

**The Pediatrician's Guide to Feeding Babies and Toddlers** Anthony Porto, M.D., Dina DiMaggio, M.D., 2016-04-05 A comprehensive manual for feeding babies and toddlers during the crucial first years of life written by a team of medical experts who are also parents All Your Questions about Feeding Answered The choices of when how and what to feed your baby can be overwhelming With *The Pediatrician's Guide to Feeding Babies and Toddlers* you have the expertise of a team of pediatric medical and nutritional experts who also happen to be parents in a comprehensive manual that takes the guesswork out of feeding This first of its kind guide provides practical easy to follow advice to help you navigate the nutrition issues medical conditions and parenting concerns that accompany feeding With recipes parenting stories and recommendations based on the latest pediatric guidelines this book will allow you to approach mealtime with confidence so you can spend more time enjoying your new family

*Nursing Every Smile: Feeding and Nutrition Guide for Infants with Cleft Lip and Palate* M. Rajeshwari Balamurugan, Vijayageetha Mahadevan, Parkavi Subramaniyan, 2025-09-10 Feeding an infant with cleft lip and palate can be overwhelming for families and caregivers *Nursing Every Smile* is a comprehensive easy to follow guide created under the JIPMER Smile Train Cleft Project to support infants from birth through early childhood with safe feeding and proper nutrition This book combines medical knowledge with practical caregiving solutions addressing common challenges such as poor suction nasal regurgitation aspiration risk and inadequate weight gain It provides step by step guidance on breastfeeding expressed breast milk feeding special bottles and cups complementary feeding after six months and nutrition before and after surgery Designed for parents nurses ASHAs and healthcare professionals the book includes illustrations feeding positions checklists growth charts sample day plans and simple complementary recipes using locally available foods It also offers emotional reassurance and emphasizes multidisciplinary cleft care Clear compassionate and practical *Nursing Every Smile* is an essential handbook for ensuring healthy growth timely surgery and confident caregiving for infants with cleft lip and palate

*Dietary Nutrient Guide* Jean A. Thompson Pennington, 1976 *The New Runners Marathon Manual Training Tips and Nutritional Guide* J. Todd Jennings, 2024-08-01 The joy of running is often described as a unique blend of physical exhilaration and mental clarity For those embarking on the journey to complete their first marathon this joy is not just a fleeting moment it becomes a profound part of the training and race experience As you lace up your shoes and hit the pavement each stride brings you closer to the Finish line both literally and metaphorically Embracing the joy of running helps you cultivate a passion for the sport that will sustain you through the challenges and triumphs of marathon training

**Waltham Therapeutic Nutrition Guide**, 2003 **From First Bites to Family Meals** Amanda Brent, 2026-03-14 *From First Bites to Family Meals* The Ultimate Guide to Baby Led Weaning for Lifelong Healthy Habits Unlock a natural and empowering approach to introducing solid foods with this comprehensive guide to baby led weaning Designed for modern parents this book combines evidence based insights practical strategies and real life examples to help you guide your baby

from their first bites to shared family meals while encouraging independence balanced nutrition and a lifelong love of healthy eating Inside this book you will learn how to Encourage independence by trusting your baby s natural hunger cues and ability to self regulate food intake Recognize the signs that your baby is ready for solid foods and safely introduce whole foods step by step Create a relaxed and engaging feeding environment that welcomes curiosity and learning Turn everyday meals into shared family experiences where your baby participates naturally Build balanced nutrient rich meals that support healthy growth and development Manage common challenges such as food refusal mess and eating in social situations while adapting to your baby s changing needs This guide helps you transform messy first bites into joyful family mealtimes while supporting your child s confidence and healthy relationship with food Start your journey toward confident empowered eating and watch your child grow and thrive one bite at a time

**The American Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal s Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone s kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine *Dr. Jean Mayer's Diet and Nutrition Guide* Jean Mayer,Jeanne P. Goldberg,1990 The former chairman of the White House Conference on Food Nutrition and Health gives the very latest information on nutrition in this highly reliable and accurate guide Answers are provided for anyone concerned with eating right in today s stress filled world

**Food and Nutrition Information Guide** Paula Szilard,1987 English language reference sources on human nutrition dietetics food science and technology and related subjects e g food service Materials older than 10 years and works on animal nutrition are included only if useful in the area of

human nutrition Contains 936 references Author title subject indexes American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life **A Guide to the Nursing of Childbearing Families** Trula Gorrie,1989 Handbook of Public and Community Health Nursing Practice Marcia Stanhope,Ruth N. Knollmueller,2001 This practical and portable guide on primary prevention offers current comprehensive health promotion and disease prevention information for students and nurses in the community setting Includes lists charts tables and forms and well as useful assessment tools to assess individuals families and the community and teaching tools to assist the nurse in promoting the client s self care *Annual Review of Public Health* ,1998 Guidelines for the Management of Nutrition Programmes Kalyan Bagchi,1990 A practical manual designed to assist the managers of nutrition intervention programs in Eastern Mediterranean countries In 17 chapters the book takes its readers through virtually every step involved in planning and implementing effective interventions whether to combat malnutrition provide disaster relief or protect populations from chronic diseases linked to nutrient excess Each chapter describes one particular responsibility and then issues guidelines for solving the relevant management problems Details range from an explanation of why nutrition managers so often fail in their tasks to a tabular presentation of actions and expected outcomes for each step in the planning of a nutrition program Indicators for use in evaluating interventions are also presented and explained Information in the manual is equally appropriate for central and for local nutrition planning Annual Review of Public Health Jonathan E. Fielding,1998 Presents 24 articles discussing a variety of issues in public health related to epidemiology and biostatistics environmental and occupational health public health practice behavior and health services Some of the topics discusses include the politics and policies related to youth access to tobacco environmental risk factors in female breast cancer chemoprevention of lung cancer evaluating the cost effectiveness of clinical and public health measures preventing youth violence prevention of bicycle related injuries mental health and managed care organizational diversification in American hospitals strategies to reduce driving under the influence of alcohol and public health in Central and Eastern Europe and the role of environmental pollution Annotation copyrighted by Book News Inc Portland OR **Nutrition in Infancy and Childhood** Peggy L. Pipes,Cristine M. Trahms,1993 Presents information on growth and development nutrient needs of infants and children and the clinical approach to collecting and assessing food intake information Includes discussions on infancy preschool age school age and adolescent children The fifth edition has been reorganized and expanded and includes two new chapters one on the school age child and another on nutrition intervention in special circumstances in adolescence Other revisions include expansion of the chapter on the developmentally delayed child the addition of review questions etc *Family Meal Solution, The Allie Gaunt*,Jessica Beaton,2022-07-05 Wouldn t it be amazing to feel organised and inspired about the week s meals and confident that family members big and small are getting the nourishment they need every day all while not breaking the bank

Is this too much to ask The One Handed Cooks don't think so Try their flexible and thoroughly tested system and recipes and you'll feel in control in your life and kitchen Forget a strict meal plan and hours of food prep The secrets actually lie in making the most of the freezer and slow cooker preparing multiple meals while you're in the kitchen being clever with leftovers and embracing fast meals Individual preferences and common allergies and intolerances are easily catered for too allowing everyone in the family to eat together

**Nutrition Education Resource Guide**, 1982 Abstract A resource guide lists evaluated nutrition education materials available nationwide with special emphasis for the Women Infants and Children and the Commodity Supplementary Foods Programs The format is designed to assist selecting acquiring and developing materials accurate and appropriate for WIC CSFP participants Every entry consists of an abstract descriptors and an appraisal plus information on format cost and availability a reading level based on Edward Fry's Readability Formula that Saves Time is given for most printed materials listed Two appendices provide the guidelines used to evaluate the materials and the evaluation work sheets kbc

*British Books in Print*, 1978

**Guide to U.S. Government Publications** John L. Andriot, Donna Andriot, 1997

## Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Milestones Nutritional Guide**

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