

Eating and Drinking- Typical Milestones*

**Please note these milestones are intended as a guide only. The way in which a child develops their eating and drinking skills is highly dependent on experience and opportunities to practise, family/cultural expectations and the child's choices and motivation. Please also consider your child's developmental levels.*

Age	Liquid	Solid
0-6 months	<ul style="list-style-type: none"> Breast/bottle milk. Baby sucks from a bottle using forward and backwards tongue movements and up and down jaw movements. Sucking is easy and rhythmical 	
6 months	<ul style="list-style-type: none"> A cup may be introduced with adult support along with bottle/breast 	<ul style="list-style-type: none"> Pureed foods are introduced. Baby might 'spit out' the food initially as their tongue will still move forward and backward but they gradually learn to suck the food from the spoon
6-9 months	<ul style="list-style-type: none"> Baby continued to develop stability with cup drinking. It is normal to lose some liquid while they are learning what to do with their tongue and jaw. 	<ul style="list-style-type: none"> Managing lumpier textures now. Firmer foods can be chopped up and more varieties of foods can be held in the hand. Food from a spoon should be thicker
12 months	<ul style="list-style-type: none"> As above. The tongue might protrude under the cup to provide stability. 	<ul style="list-style-type: none"> Gradual introduction of new tastes and textures. The child can manage an increasing variety of firmer foods.
18 months	<ul style="list-style-type: none"> Child might bite on the side of a cup to stabilise the jaw. 	<ul style="list-style-type: none"> Gradual introduction of new tastes and textures. The child can manage an increasing variety of firmer foods.
2 years	<ul style="list-style-type: none"> Should be able to stabilise the cup. 	<ul style="list-style-type: none"> Should be coping with a range of tastes and textures. Can chew with lips closed.

Table Source: NHS Tayside

For more detailed information about feeding milestones please see information from the American Speech-Language-Hearing Association:

- Birth to 6 months:** [Feeding and Swallowing Milestones - Birth to 6 months](#)
6-12 months: [Feeding and Swallowing Milestones - 6 to 12 months](#)
12-18 months: [Feeding and Swallowing Milestones - 12 to 18 months](#)
18-24 months: [Feeding and Swallowing Milestones - 12 to 18 months](#)
2-3 years: [Feeding and Swallowing Milestones - 2 to 3 years](#)