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Newborn+



Supported
Sitter



Sitter



Crawler



Toddler



Preschooler



Gerber.

The Gerber Nutrition Journey **Development-based Milestone Symbols™**

A milestone based plan dedicated to helping babies grow up healthy and happy.

The Gerber Nutrition Journey is a unique, stage-based nutrition system of products, education, support and services to help guide through the many changes of babyhood.

Consistent with the American Academy of Pediatrics recommendations, The Gerber Nutrition Journey recommends starting with breastfeeding, because breastmilk is the ideal food for babies. Once baby is ready, Gerber can provide guidance on developmentally-appropriate feeding choices.



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Gross Motor Development

Fine Motor Development

Oral Motor Development

- Little truncal (vertical) stability

- Reflexive grasp only

- Rooting and sucking
- Early gag reflex



Newborn+

0-4 months



Feeding Tips



Eating Skills

- Suckling pattern from bottle or breast
- Secures nipple with greater ease



Hunger Cues

Fullness Cues

- Cries or fusses to show hunger
- May bring fingers to mouth
- Roots for nipple or stops sucking
- May squirm or throw arms and legs about
- Moving, licking, or smacking lips

- Slows down speed of sucking, may even fall asleep
- Starts and stops feeding often, latch and unlatch on nipple frequently with only a few sucks in between, eventually will not relatch
- Seals lips tightly when nipple is reinserted
- Ignores or spit out nipple





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Gross Motor Development



Needs head support

Fine Motor Development



Grasp reflex—wraps fingers around object placed in hand

Oral Motor Development



Sucking reflex—begins to suck when nipple touches roof of mouth





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Eating Skills



Breastfeeding



Bottle feeding



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Fine Motor Development

- Reflexive grasp only

Oral Motor Development

- Rooting and sucking
- Early gag reflex



Newborn+

0-4 months



Feeding Tips



Eating Skills

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- Secures nipple with g



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- May squirm or throw arms and legs about
- Moving, licking, or smacking lips

I'm hungry!



May bring fingers to mouth



Roots for nipple

I'm full!



Releases nipple or stops sucking



Slows down speed of sucking, and may fall asleep

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Newborn+

0-4 months



Feeding Tips



Eating Skills

- Suckling pattern
- Secures nipple

Baby's stomach is tiny, so **small frequent feedings** are best

8-12 times in



Keep in mind

It's important for **exclusively and partially breastfed infants** to have **400 IU of Vitamin D** supplementation per day beginning in the first few days of life.



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Gross Motor Development

- Controls the head
- Truncal stability to sit with support

Fine Motor Development

- Sustained voluntary grasp

Oral Motor Development

- Moves puree food forward and backward with tongue to swallow
- Loss of extrusor reflex (tongue thrust)
- Gag reflex locus moves from the mid portion to the posterior of the tongue



**Supported
Sitter**
4-6 months



Feeding Tips



Eating Skills

- May push food out of mouth with the tongue, which gradually decreases with age and experience
- Moves pureed food forward and backward in mouth with tongue to swallow
- Recognizes spoon and holds mouth open as spoon approaches



Hunger Cues

- Opens mouth and leans towards spoon when food is presented
- May swipe food toward mouth when hungry
- Cries or fusses to show hunger
- Smiles and looks at you while feeding to communicate they want to continue eating

Fullness Cues

- Turns head away from spoon when full
- May be distracted or notice surroundings more when full
- Keeps mouth closed, will not open when spoon is presented
- Spits out familiar foods
- Blocks mouth with hands





+ Gross Motor Development

Fine Motor Development

Oral Motor Development



Supported Sitter 4-6 months

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Feeding Tips



Eating Skills

- May push food out
- Moves pureed food
- Recognizes spoon

Gross Motor Development

Fine Motor Development

Oral Motor Development



Good head control—can turn head away from the spoon



Grasps spoon



Moves food forward and backward in mouth with tongue



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Fine Motor Development

Oral Motor Development



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Feeding Tips

+ Eating Skills

- May push food out of mouth with the tongue, which is normal
- Moves pureed food forward and backward in mouth with tongue
- Recognizes spoon and holds mouth open as spoon approaches

Eating Skills



Opens mouth wide;
moves food with tongue

+ Hunger Cues

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Fine Motor Development

Oral Motor Development



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Feeding Tips

+ Eating

- May push
- Moves
- Recogn

I'm hungry!



Cries or fusses



Opens mouth wide and leans toward spoon

I'm full!



Releases latch from nipple



Turns head away from spoon



Gets distracted and gazes around

+ Hunger Cues

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Supported Sitter

4-6 months



Feeding Tips



Eating Skills

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- Moves pur
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- Cries or fusses to show hunger
- Smiles and looks at you while feeding to communicate they want to continue eating



Baby may soon be ready to start small feedings of cereal or purees, but **breast-milk or formula** will still be baby's main source of nutrition.



Infant cereal has iron, which is important for healthy brain development, learning ability, and growth.



Sit baby securely and upright in a high chair



Use a coated baby spoon to protect tender gums



Put dab of cereal on lip, then put next bite into mouth when open

This is a time for exploring new tastes and textures. It's not about quantity, just exposure and exploration. Set the foundation for future acceptance of a wide range of foods and healthy eating habits!



Introducing complementary foods

- Start with single-grain iron-fortified cereals and single-fruit and single-veggie purees one at a time
- Wait at least 3 days to see if there are any signs of sensitivity, such as skin rash or congestion, before introducing the next new food
- Talk about introducing allergenic foods

- Turns head away from spoon when full
- May be distracted or notice surroundings more when full
- Keeps mouth closed, will not open when spoon is presented
- Spits out familiar foods
- Blocks mouth with hands



Gross Motor Development

Fine Motor Development

Oral Motor Development



Sitter
6-8 months

- Sits independently
- Truncal stability

- Primitive squeeze / Palmar grasp
- Begins to rake (with fingers) food toward self

- Develops tongue wave and lip close
- Begins chewing movements using up and down movement of jaw ("munching")
- Uses upper lip to help clear food off of spoon
- Able to keep thicker purees in mouth
- Can drink from a cup held by feeder
- Eruption of first tooth



Feeding Tips



Eating Skills

- Learns to keep thick purees in mouth
- Uses upper lip to help clear food off the spoon and move into the mouth
- Can drink from a cup held by feeder



Hunger Cues

Fullness Cues

- Leans toward food or spoon
- Reaches for spoon or food when hungry
- Shows excitement when food is presented

- Slows down in eating when full
- Clenches mouth shut or pushes food away when full
- Leans back and moves head away from offered food
- May try to knock spoon out of parent's hand





Gross Motor Development

Fine Motor Development

Oral Motor Development



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Gross Motor Development

Fine Motor Development

Oral Motor Development



Can sit independently



Uses fingers to draw things closer



"Munching"—begins chewing movements by moving jaw up and down



Feeding Tips

Eating Skills

- Learns to keep tongue flat
- Uses upper lip to help clear food off of spoon
- Can drink from a cup held by feeder

Hunger Cues

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+ Feeding Tips

+ Eating Skills

- Learns to keep thick purees in mouth
- Uses upper lip to help clear food off the spoon and
- Can drink from a cup held by feeder

Eating Skills



Uses upper lip to help clear food off spoon

+ Hunger Cues

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- Keeps thicker purees in mouth
- Drinks from a cup held by feeder
- Shows first tooth

Feeding Tips

Eating Skills

- Learns to keep this
- Uses upper lip to
- Can drink from a

Hunger Cues

- Leans toward food
- Reaches for spoon
- Shows excitement when food is presented

I'm hungry!



Cries or fusses



Shows excitement when food is presented



Opens mouth wide and leans toward spoon

I'm full!



Turns head from nipple or spoon



Leans away from and may push away food



Clenches mouth shut



Gets distracted easily and looks elsewhere

- Leans back and moves head away from offered food
- May try to knock spoon out of parent's hand



+ Gross Motor Development

Fine Motor Development

Oral Motor Development



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Feeding Tips

+ Eating Skills

- Learns to
- Uses upper
- Can drink



Breastmilk or formula will **still be an important source of nutrition** for baby, but **it is important to offer** combinations of infant cereal grains, as well as fruit, veggie, and meat baby foods **now**. Be sure a spoon is always used to feed cereal or baby food.



Variety is important—exposing babies to different flavors may make them **more accepting of new foods in the future**.



Keep in mind

It can take up to 10 tries with a new food before baby decides to give it a go.

up to
10
tries

+ Hunger Cues

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- Reaches for spoon or food when hungry
- Shows excitement when food is presented

Fullness Cues

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Gross Motor Development



Crawler

8-12 months

- Crawls with stomach off the floor
- May pull self to stand
- Struggles to get objects out of reach

Fine Motor Development

- Begins to self-feed finger foods as pincer grasp is developing
- Begins to manipulate objects correctly (spoon) but does not use it for self feeding yet
- Explores objects with hands and mouth
- Can hold lidded cup independently

Oral Motor Development

- Developing tongue lateralization used to move food to jaw line for mashing and chewing
- Begins to use jaw to mash and chew food
- Begins to track and sort pieces of food in the mouth



Feeding Tips



Eating Skills

- Plays with spoon at mealtime, may bring it to mouth, but does not use it for self-feeding yet
- Holds a cup with a lid independently



Hunger Cues

- Shows excitement when food is presented
- Makes noise to get parent's attention: cry, fuss, kick legs, bang toys on tray, etc.
- Puts things into mouth: fingers, cup, toys
- Focuses on feeding; watches parent prepare, bring, dish and spoon the food

Fullness Cues

- Shakes head to say "no more" when full
- Bats, pushes, or drops the serving dish off feeding surface
- Clamps lips shut, stops opening mouth
- Leans back away from offered food and may close eyes
- May stick tongue out when food is offered



Newborn+



Supported
Sitter



Sitter



Crawler



Toddler



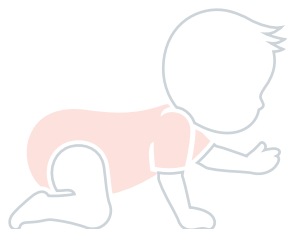
Preschooler



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Feeding Tips



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- Holds a cup with a



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Gross Motor Development

Fine Motor Development

Oral Motor Development



Crawls with tummy off floor



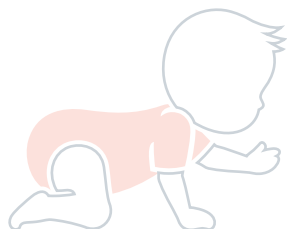
Pincer grip—starts to self-feed with fingers



Begins using jaw to mash food



+ Gross Motor Development



Crawler 8-12 months

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- Struggles to get objects out of reach

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Feeding Tips

+ Eating Skills

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- Holds a cup with a lid independently

Eating Skills



Holds cup with lid independently

+ Hunger Cues

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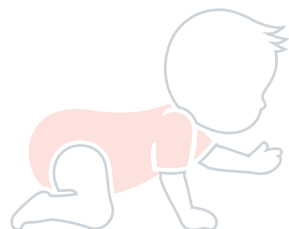
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Feeding Tips



Eating Skills

- Plays with spoon at mouth
- Holds a cup with a lid

I'm hungry!



Puts fingers in mouth and is fussy

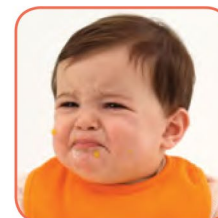


Reaches for food to say "time to eat"

I'm full!



Turns head or leans away from spoon



Clamps lips shut; stops opening mouth



Hunger Cues

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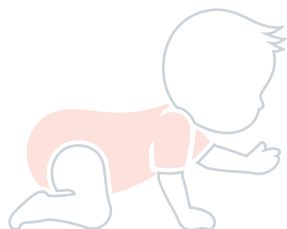
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+ Feeding Tips

+ Eating

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+ Hunger

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3 Meals + 3 Snacks per day

Consider these general guidelines. Manage baby's intake using **hunger and fullness cues**.



Start introducing more textures to baby. Foods should be soft and bite-sized — think small cubes or dices.



Build on flavor variety with texture variety—**thickly mashed food** with little pieces of **soft-cooked veggies** mixed in are fun to try.



Baby is also **ready to try finger foods** made for babies that dissolve quickly in the mouth.



Keep in mind

Infant cereal is still an excellent source of iron and can be mixed in a range of textures.



Toddler



Preschooler



Toddler

12+ months



Feeding Tips

**Gross Motor Development**

- Stands alone
- Walks with and without support

Fine Motor Development

- Feeds self easily with fingers
- Fine pincer grasp developed
- Begins to use spoon and fork

Oral Motor Development

- Able to drink from a cup or straw
- Skillful at chewing of complex foods
- Bites through a variety of textures
- Coordinated tongue movement
- First year molars begin erupting

**Eating Skills****12–18 months**

- Dips spoon in food rather than scooping
- Begins using fork by scooping
- Moves food precisely between the gums or teeth for chewing more complex food
- Sits in a high chair for safety and security at family dinner table
- Bites skillfully through soft foods but may have more difficulty with firm, hard foods
- Grasp the cup with both hands and tilts it to mouth with wrist rotation
- Typically uses an up-down movement of the jaw when drinking
- Takes liquids primarily from a sippy cup with valve
- May lose some liquid when drinking from an open cup or straw
- Takes 2 or more swallows in succession and drinks up to 2 ounces or more without stopping

19–24 months

- Emerging wariness of new foods; needs multiple presentations of a new food (as many as 10-20)
- Can be erratic in variety and volume of intake; monitor intake over the course of a week not a day
- When pressured to eat more, will likely eat less
- Enjoys having same pattern repeated at mealtime; same bib, spoon
- No longer needs the high chair safety and security
- May continue to lose some food and saliva when chewing
- May open the mouth wider than necessary to bite through the food. Chews easy meats easily and well. Offered more opportunities to drink from a regular open cup, but primary liquid is given with a sippy cup

**Hunger Cues****12–18 months**

- Expresses desire for specific foods with words and sounds
- Combines phrases with gestures such as "want that" and pointing
- May appear low in energy, patience, and good cheer or exhibit "crabby" behavior when hungry

19–24 months

- May approach kitchen or dinner table on their own
- Expresses desire for specific foods with words and sounds
- Can lead parent to refrigerator and point to a desired food or drink

Fullness Cues**12–18 months**

- Shakes head to say "no more" when full
- Bat, push, or drop the serving dish off feeding surface
- Clamp lips shut, stops opening mouth
- Leans back away from offered food and may close eyes
- May stick tongue out when food is offered

19–24 months

- Becomes easily distracted
- Hesitates before opening mouth to accept additional food (automatic response)



Toddler 12+ months



Feeding Tips



Gross Motor Development

- Stands alone
- Walks with and without support

Fine Motor Development

- Feeds self easily with fingers
- Fine pincer grasp developed
- Begins to use spoon and fork

Oral Motor Development

- Able to drink from a cup or straw
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Eating Skills

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19–24 months

- Emerging wariness of new foods; needs multiple presentations of a new

Gross Motor Development



Can stand alone, and begins to walk alone

Fine Motor Development



May begin using child-safe spoon and fork

Oral Motor Development



May drink from cup or straw



Hunger Cues

12–18 months

- Expresses desire for specific foods with words and sounds
- Combines phrases with gestures such as "want that" and pointing
- May appear low in energy, patience, and good cheer or exhibit "crabby" behavior when hungry

19–24 months

- May approach kitchen or dinner table on their own
- Expresses desire for specific foods with words and sounds
- Can lead parent to refrigerator and point to a desired food or drink

Fullness Cues

12–18 months

- Shakes head to say "no more" when full
- Bat, push, or drop the serving dish off feeding surface
- Clamp lips shut, stops opening mouth
- Leans back away from offered food and may close eyes
- May stick tongue out when food is offered

19–24 months

- Becomes easily distracted
- Hesitates before opening mouth to accept additional food (automatic response)



Toddler



Preschooler



Toddler

12+ months



Feeding Tips



Gross Motor Development

- Stands alone
- Walks with and without support

Fine Motor Development

- Feeds self easily with fingers
- Fine pincer grasp developed
- Begins to use spoon and fork

Oral Motor Development

- Able to drink from a cup or straw
- Skillful at chewing of complex foods
- Bites through a variety of textures
- Coordinated tongue movement
- First year molars begin erupting



Eating Skills

12–18 months

- Dips spoon in food rather than scooping
- Begins using fork by scooping
- Moves food precisely between the gums or teeth for chewing complex food
- Sits in a high chair for safety and security at family dinner table
- Bites skillfully through soft foods but may have more difficulty with hard foods
- Grasp the cup with both hands and tilts it to mouth with wrist
- Typically uses an up-down movement of the jaw when drinking
- Takes liquids primarily from a sippy cup with valve
- May lose some liquid when drinking from an open cup or glass
- Takes 2 or more swallows in succession and drinks up to 2 ounces more without stopping

19–24 months

- Emerging wariness of new foods; needs multiple presentations of a new food (10-20)
- Variety and volume of intake; monitor intake over the week, not a day
- To eat more, will likely eat less
- The pattern repeated at mealtime; same bib, spoon
- The high chair safety and security
- Lose some food and saliva when chewing
- Mouth wider than necessary to bite through the food.
- Eats easily and well. Offered more opportunities to drink
- Open cup, but primary liquid is given with a sippy cup

Eating Skills



Self-feeds with fingers



Hunger Cues

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Toddler 12+ months

Feeding Tips

Gross Motor Development

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- Walks with and without support

Fine Motor Development

- Feeds self easily with fingers
- Fine pincer grasp developed

Oral Motor Development

- Able to drink from a cup or straw
- Skillful at chewing of complex foods

Eating Skills

12–18 months

- Dips spoon in food rather than scoops
- Begins using fork by scooping
- Moves food precisely to mouth
- Sits in a high chair for meals
- Bites skillfully through hard foods
- Grasp the cup with both hands
- Typically uses an up-down motion to drink
- Takes liquids primarily from a cup
- May lose some liquid while drinking
- Takes 2 or more small sips more without stopping

Hunger Cues

12–18 months

- Expresses desire for specific foods with words and sounds
- Combines phrases with gestures such as "want that" and pointing
- May appear low in energy, patience, and good cheer or exhibit "crabby" behavior when hungry

12–18 months

I'm hungry!



Expresses desire for food with words, sounds, or gestures

I'm full!



Shakes head to say "no more"



Crosses arms and refuses food



Uses words like "all done" and "get down"

19–24 months

I'm hungry!



Expresses desire for foods with words, sounds, or gestures



Can lead you to fridge and point to desired food or drink

I'm full!



Becomes easily distracted



Hesitates before opening mouth to accept more food



Toddler

12+ months

Feeding Tips

+ Gross Motor

- Stands alone
- Walks with and

+ Eating Skill

12–18 months

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- Begins using fo
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+ Hunger Cues

12–18 months

- Expresses desire
- Combines phras
- May appear low
- and good cheer
- behavior when h

12–18 months



Toddlers may be ready for **cow's milk** or a **nutritious toddler drink**.

Mealtime is all about learning. Toddlers will get plenty of practice when offering:

3 Meals + **2-3** Snacks per day



Toddlers can bite through a **variety of textures** at this age. If the toddler can grasp a spoon or fork, offer **thick, spoon-hugging textures** and try **soft, bite-sized food** the child can spear.



Learning to use utensils is a process that builds fine **motor skills**, **hand-eye coordination**, and even **hand-to-mouth coordination**.



Keep in mind

Using utensils is a complex skill. A toddler will need practice and time to master.

19–24 months



Mealtime is a toddler's time to **practice independence**. Keep offering both **new and favorite foods**, and let the toddler decide whether or not and how much to eat.



Keep in mind

It can take up to 10 tries with a new food before a toddler decides to give it a go.

up to
10
tries



Continue to let toddlers practice with utensils. Offer more challenging textures for scooping and spearing.



Toddlers at this age **thrive on routine** and feel secure knowing what to expect. Providing a **routine of meals and snacks** can help independent toddlers enjoy eating.



Preschooler

24+ months



Feeding Tips



Hunger Cues

24–36 months

- Expresses desire for specific foods with words and sounds
- Combines phrases with gestures such as “want that” and pointing
- May appear low in energy, patience, and good cheer or exhibit “crabby” behavior when hungry

36+ months

- Expresses desire for specific foods with words and sounds
- Seeks out specific foods
- May be listless and cross due to hunger
- May approach kitchen or dinner table on their own

Fullness Cues

24–36+ months

- Loses interest in food
- Expresses self with phrases or simple sentences
- Resists coming to the dinner table
- Walks away from dinner table



Gross Motor Development

- Runs well without falling
- Sits in a booster seat or at table

Fine Motor Development

- Manipulates small objects
- Practicing/mastering utensils
- Holds spoon level during transport to mouth
- Holds and drinks from a cup

Oral Motor Development

- Refined drinking skills
- Chews skillfully and efficiently
- Needs less time and fewer chews to finish a mouthful of food
- Molars present
- Uses tongue to clear food from lips



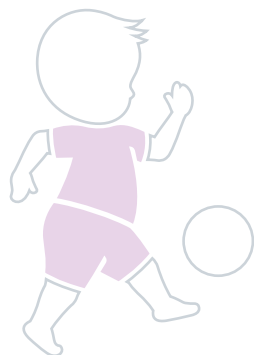
Eating Skills

24–36 months

- May express verbal refusal of food
- Toddlers and preschoolers do best with set menus which includes a variety of familiar foods along with some new foods
- May be very cautious about accepting new foods (neophobia)
- Prefers familiar foods and may require 10-15 taste experiences with a new food before accepting it
- Able to adjust the opening of the jaw when biting foods of different thicknesses
- Chews more difficult meats and some raw vegetables under supervision
- Chewing movements become more skillful and efficient. Needs less time and fewer chews to finish a mouthful of food
- Doesn't lose liquid when drinking from a regular open cup

36+ months

- Head extends to drain last drop from cup and also bends to spoon
- May help set the table for family meal
- Continues to refine chewing movements (i.e. reduced duration and number of chewing cycles)
- Continues to refine drinking skills from an open cup



Preschooler

24+ months

Feeding Tips



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- Molars present
- Uses tongue to clear food from lips



Eating Skills

24–36 months

- May express very strong preferences for certain foods
- Toddlers and preschoolers may be picky eaters and prefer familiar foods
- May be very cautious about trying new foods
- Prefers familiar foods and may refuse new food before accepting it
- Able to adjust to different food textures and thicknesses
- Chews more difficult meats and some raw vegetables under supervision
- Chewing movements become more skillful and efficient. Needs less time and fewer chews to finish a mouthful of food
- Doesn't lose liquid when drinking from a regular open cup

Gross Motor Development



Runs well without falling

Fine Motor Development



Practicing/mastering utensils

Oral Motor Development



Chews more skillfully and efficiently



Hunger Cues

24–36 months

- Expresses desire for specific foods with words and sounds
- Combines phrases with gestures such as "want that" and pointing
- May appear low in energy, patience, and good cheer or exhibit "crabby" behavior when hungry

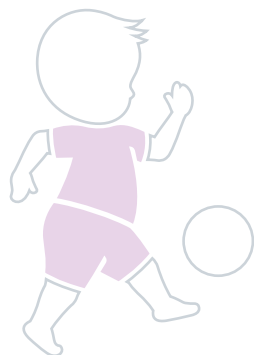
36+ months

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Fullness Cues

24–36+ months

- Loses interest in food
- Expresses self with phrases or simple sentences
- Resists coming to the dinner table
- Walks away from dinner table



Preschooler

24+ months



Feeding Tips



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- Prefers familiar foods and may require 10-15 taste experiences before accepting it
- Able to adjust the opening of the jaw when biting foods of different thicknesses
- Chews more difficult meats and some raw vegetables under supervision
- Chewing movements become more skillful and efficient. Needs less time and fewer chews to finish a mouthful of food
- Doesn't lose liquid when drinking from a regular open cup

Eating Skills



Chews more difficult meats and some raw veggies with supervision



Gross Motor Development

- Runs well without falling
- Sits in a booster seat or at table

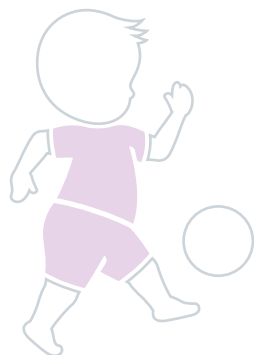
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Oral Motor Development

- Refined drinking skills
- Chews skillfully and efficiently
- Needs less time and fewer chews to finish a mouthful of food
- Molars present
- Uses tongue to clear food from lips

Drain last drop from cup and also bends to spoon
Stable for family meal
Chewing movements (i.e. reduced duration of chewing cycles)
Refined drinking skills from an open cup



Preschooler

24+ months

Feeding Tips



+ Gross Motor Development

- Runs well without falling
- Sits in a booster seat or at table

+ Eating Skills

24–36 months

- May express verbal refusal of food
- Toddlers and preschoolers do best with small portions of familiar foods along with some new foods
- May be very cautious about accepting new foods
- Prefers familiar foods and may reject new foods before accepting it
- Able to adjust the opening of the mouth to different food thicknesses
- Chews more difficult meats and starchy foods
- Chewing movements become more efficient; needs fewer chews to finish a mouthful of food
- Doesn't lose liquid when drinking from a cup

+ Hunger Cues

24–36 months

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- Molars present
- Uses tongue to clear food from lips

I'm hungry!



May seem tired and irritable if getting too hungry



Seeks out specific foods



Comes to meal table without a lot of fuss

I'm full!



Unwilling to come to table if not hungry



Not interested in what's on the plate

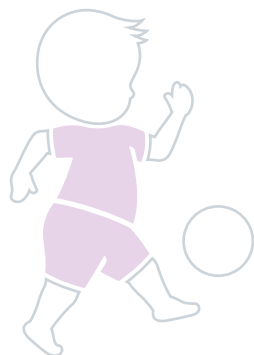


Verbalizes in simple sentences, like "all done"

with words and sounds

- Seeks out specific foods
- May be listless and cross due to hunger
- May approach kitchen or dinner table on their own

- Expresses self with phrases or simple sentences
- Resists coming to the dinner table
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Preschooler

24+ months



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Eating Skills

24–36 months

- May expect to be fed
- Toddler of family
- May be picky
- Prefer food to be soft
- Able to handle thicker textures
- Chew food more thoroughly
- Chew food fewer times
- Doesn't lose liquid when drinking from a regular open cup

36+ months



Preschooler-sized portions may look really small! Lots of food on a plate can look overwhelming. **Start small** and let them ask for more.



Serve a rainbow of new fruits and veggies, and continue to **introduce new foods**, but **let the child decide** what and how much to eat.



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