

# 6 to 12 Months



## FEEDING & SWALLOWING MILESTONES

These milestones cover feeding and swallowing development in children.

Each child develops uniquely, even within the same family, and may meet certain milestones earlier or later than others. If your child does not meet many of the milestones within their age range, visit [www.asha.org/profind](http://www.asha.org/profind) to find an ASHA-certified speech-language pathologist (SLP) for an assessment.

### 6 to 9 Months

#### What can my baby do?

- Holds head up when sitting upright.
- Leans forward to receive foods.
- Still needs support from highchair around waist and legs, including footrest.
- Reaches for toys and food.
- Picks up food with fingers.
- Brings food to mouth with hands and starts to feed self.
- Tries to hold spoon.

#### How does my baby eat and drink?

- Starts to drink from a cup but may bite cup edge or straw; some liquid spills out of mouth.
- Drools less.
- Moves food around mouth using tongue.
- Munches (chews food by moving jaw up and down).

#### What should my baby be eating and drinking?

- Human milk and/or formula; may start drinking small amounts of water.
- Smooth baby foods (purees) with some lumps (minced and moist) like mashed potatoes, applesauce, oatmeal, or pudding.
- Soft, chewable, solid foods cut into strips like a pancake, toast, or cheese.

Continued on back »

## 9 to 12 Months

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### What can my baby do?

- Holds bottle or sippy cup with both hands.
- Sits upright in highchair with minimal assistance.
- Holds spoon during meal.
- Feeds self with fingers.

### How does my baby eat and drink?

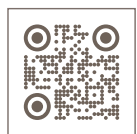
- Takes a small bite from a larger piece of food.
- Begins chewing food on both sides of mouth (called “rotary chewing”).
- Closes lips during swallow.

### What should my baby be eating and drinking?

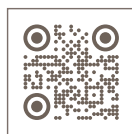
- Soft, bite-sized foods like sliced banana, cheese cubes, or pasta.
- Human milk and/or formula; may drink small amounts of water.

### What can I do to help?

You know your child best, so don't wait to get help if your child is having trouble breastfeeding, bottle-feeding, or eating solid foods. Getting help early can prevent problems with eating and can foster a healthy relationship with food for you and your child.



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HELP TODAY.**  
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