

# Birth to 6 Months

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## 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.

## Birth to 3 Months

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### What can my baby do?

- Holds head up when supported.
- Turns head towards nipple and opens mouth.

### How does my baby eat and drink?

- Latches to nipple.
- Sucks and swallows.

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

- Human milk and/or formula.

## 4 to 6 Months

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### What can my baby do?

- Brings hands to the breast or bottle.
- Pats breast or bottle.
- Brings hands or toys to mouth.
- Starts to sit up in cradle position and holds breast or bottle during feeding.
- Sits supported in highchair with straps and when reclined.

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## How does my baby eat and drink?

- Opens mouth for spoon.
- Uses tongue to move food to back of mouth for swallowing.

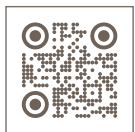
## What should my baby be eating and drinking?

- Human milk and/or formula.
- Infant cereal mixed with human milk or formula\*.
- Smooth baby foods (purees) with no lumps or chunks.

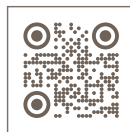
## What can I do to help?

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.

\*Consult with pediatrician regarding appropriate infant cereals.



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