

ORAL MOTOR DEVELOPMENTAL MILESTONES

Before birth	Begins to develop sucking reflexes around 36 weeks
Birth-3 months	<ul style="list-style-type: none"> - Demonstrates reflexes to protect airway - Responds to stimulation around the mouth - Consumes breast milk or formula using nipple - Coordinates breathing between sucking and swallowing
3-6 months	<ul style="list-style-type: none"> - Hands clasp bottle but needs assistance holding it - Consumes rice cereal / pureed fruits and vegetable foods - Eats from a small toddler spoon during feeding
6-9 months	<ul style="list-style-type: none"> - Holds bottle independently - Cleans the spoon with upper lip - Eats pureed meats and a variety of pureed baby foods
9-12 months	<ul style="list-style-type: none"> - Demonstrates lip closure while swallowing liquids and soft solids - Begins self-feeding/uses fingers to grab small foods - Begins to drink with sippy cup and drink through a straw - Begins to consume mashed table foods
12-18 months	<ul style="list-style-type: none"> - Coordinates sucking, swallowing and breathing patterns for longer sequences - Begins to eat finely chopped table foods - Moves the food side to side when chewing
18-24	<ul style="list-style-type: none"> - Feeds using a spoon but may still need assistance
24-36	<ul style="list-style-type: none"> - Consumes a variety of liquids and solids through straws and open mouth cups - Uses a spoon to scoop soft foods while self-feeding - Independently moves toward tuning all feeding skills
36-5 years	<ul style="list-style-type: none"> - Progress toward chewing and swallowing advanced textures - Begins to use a fork to stab food - Drinks from an open mouth cup with no assistance