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## Solid Food Developmental Patterns and Feeding Recommendations

	6 mo.	7 mo.	8 mo.	9 mo.	10 mo.	11 mo.	12 mo.	13 mo.	14 mo.	15 mo.	16 mo.	
<b>Mouth Pattern</b>	Begins swallowing pattern. Can transfer food from front of tongue to back.		Begins chewing patterns: side-to-side motion of tongue and mashing food with jaws.			Continues maturation of biting, chewing and swallowing.						
<b>Hand Coordination</b>	Palmar grasp.	Pincer grasp begins.	Grabs spoon.	Can get spoon in mouth but generally turns it over.		Begins mastering spoon, but still spills most times.			Spoon to mouth with load intact!			
<b>Body Control</b>	Sits unsupported. Can balance with hands.		Continued improvement in balancing while standing.			Begins and increases mastery of walking						
<b>Digestive</b>			Gastric acid volume begins to increase.		Can handle balanced amounts of all reasonably soft, moderately seasoned family food.							
<b>Homeostatic Ability</b>			Increases ability to maintain hydration and chemical balance.									
<b>Nutritional Requirements</b>	Iron stores begin to deplete in term babies		Gradually increase proportion sizes of foods other than milk feeding.								All daily nutrition requirements provided by a mixed table-food diet; primary source of nutrients and calories is table food and drink.	
<b>Feeding Style</b>	Spoon feeding.	Introduce cup at meals	Begin self-feeding with cup. Begins proficiency with spoon.			Reasonably adept with spoon and cup. Can feed self with spoon, drink from cup. Weaned from bottle. Continuance of breastfeeding determined by baby and parents.						
<b>Food Selection</b>	Semi-solid foods		Increase texture, stiffness of solids.			Pieces of soft, cooked foods.						