

GROWTH

Baby Feeding Development Milestones: Month by Month Guide

Track your baby's feeding development from newborn to 12 months. See what oral motor skills develop at each stage and how they connect to safe food texture progression.

Frequently Asked Questions

When do babies start eating purees?

Most babies begin smooth purees and mashed foods around 6 months, once they show readiness signs like sitting with support and good head control.

When can my baby pick up food with finger and thumb?

The pincer grasp, picking up small pieces with the thumb and forefinger, usually develops between about 8 and 10 months, though the range varies from baby to baby.

When can babies start finger foods?

Many babies are ready for soft finger foods around 8 to 9 months, and some sooner with larger soft strips. Always offer safe sizes and supervise closely.

When will my baby use a spoon?

Babies often start grabbing and exploring a spoon around 9 to 12 months, but messy, imperfect self-feeding with a utensil can continue well into the toddler years.

Is it normal for feeding skills to develop at different rates?

Yes. Babies reach feeding milestones on their own timelines. Use ages as general guides and talk with your pediatrician if you have concerns about your baby's progress.

Should I move from purees to textures even if my baby resists?

Gradually offering more texture is important for oral-motor development, but go at your baby's pace. If feeding seems consistently difficult, check with your pediatrician.