

Eating Developmental Checklist

Newborn - 18 Months

This checklist is used to help determine if child may have a developmental delay in eating.

Directions: Go through developmental check list for child's age group. Please refer the child to Kids in Motion for an evaluation if a child cannot perform a majority of the eating techniques in their age group.

Newborn-13 Months

_____ Bottle or Breast Feeding

5-6 Months

_____ Thin Cereal Baby Food

7-8 Months

_____ Thicker Baby Food

8-9 Months

_____ Bottle or Breast Feeding

_____ Thin Cereal Baby Food

_____ Thicker Baby Food

_____ Mashed Table Food Purees

9 Months

_____ Solids that melt.

Example: Crackers, veggie straws, puffs,ect.

10 Months

_____ Soft Mushy Foods

(Or foods that smash with a finger.)

Example: Overcooked Vegetables, fruit cups, bananas, ect.

11-14 Months

_____ Soft Mechanical Foods

(Soft foods that require Additional chewing.)

Example: Muffins, soft pastas, Thin meals, scrambled eggs.

15-18 Months

_____ Hard Mechanical Foods

(Foods that require rotary chewing and additional breakdown in the mouth.)

Example: Raw fruits and vegetables, meats, ect.



Self-feeding Checklist

4 1/2 Months - 36 Months

This checklist is used to help determine if child may have a developmental delays with self feeding.

Directions: Go through self-feeding check list for child's age group. Please refer the child to Kids in Motion for an evaluation if a child cannot perform a majority of the self-feeding techniques in their age group.

4 1/2—5 1/2 Months

_____ Holds Bottle Independently

15-18 Months

_____ Scooping and eating with spoon

6 Months

_____ Drinks from cup held by parent

10 Months

_____ Drinks from open cup

9-12 Months

_____ Finger feeding

36 Months

_____ Stabs with fork

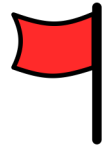
12-24 Months

_____ Drinks from straw

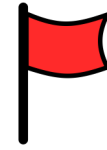


Pediatric Therapy Services

248/684.9610



Feeding and Eating Red Flags



If child is exhibiting these red flags while feeding and eating, please refer the child to Kids In Motion for an evaluation.

- Not transitioning to different styles of food as an infant
- Eats fewer than 20 foods
- Do not allow changes with foods (food jags), such as color, taste, texture, or packaging
- Omitting entire food groups
- Not meeting self-feeding milestones
- Cries, screams, tantrums with introduction of new foods
- Oral Motor concerns: drooling, dropping food from mouth, difficulty swallowing, coughing during eating



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