

TODDLER EATING & DRINKING milestones

There are many milestones ahead as your toddler improves their eating skills. Here are some of the big ones.

12-18 months

YOUR CHILD WILL ...

Bite foods well

Eat ground, mashed, or chopped foods (15 months)

Drink from a cup without dribbling (18 months)

Finger feed efficiently by 18 months

Eat most family foods, but with a different texture (ground, mashed or chopped)

Start trying to use a spoon, dropping some food off the spoon

Start to refuse some foods

Start to chew with lips closed

24 months

YOUR CHILD WILL ...

Scoop foods with a spoon, with some spills

Start to stab at foods with a fork and get them to her mouth

Start to show clear likes and dislikes of some foods

Chew with jaw movements that go round and round, as well as up/down and side to side

2-3 years

YOUR CHILD WILL ...

Try to use a fork

Have definite food likes and dislikes

Pour liquids into their cup from a small container

Possibly start to become a "picky eater"

Start to serve themselves at the table with some spills

Wipe their own mouth and hands with a napkin or cloth

Refuse certain foods

Warning signs

SEE YOUR DOCTOR OR A HEALTH PROFESSIONAL IF YOUR CHILD IS ...

- 1 Very irritable/fussy during or after feeding
- 2 Taking a really long time to finish a meal (more than 30-45 minutes)
- 3 Having less than normal weight gain or growth
- 4 Leaking lots of food or liquid from the mouth
- 5 Coughing, gagging, or throwing up during, or after, meals
- 6 Having abnormal bowel movements that continue to occur longer than a few days
- 7 Having skin reactions to foods
- 8 Arching or stiffening their body while eating

