

## Child development

Do not forget that each child is different. This overview serves as guidance.



Newborn



Sitting with support



Sitting without support



Crawling



First steps

### Development phases

#### Physical abilities

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| <ul style="list-style-type: none"> <li>• Head must be supported</li> </ul> | <ul style="list-style-type: none"> <li>• Sits with support</li> <li>• Lies on the stomach and can push up with arms until elbows are stretched</li> </ul> | <ul style="list-style-type: none"> <li>• Sits alone</li> <li>• Can pick up little objects and hold them</li> <li>• Grabs food or spoon</li> </ul> | <ul style="list-style-type: none"> <li>• Learns to crawl</li> <li>• Tries to stand alone</li> </ul> | <ul style="list-style-type: none"> <li>• Pulls himself/herself up to stand</li> <li>• Can stand alone</li> <li>• Takes the first steps</li> </ul> |
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#### Abilities for food intake

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| <ul style="list-style-type: none"> <li>• Suck-swallow-breathe rhythm during breastfeeding or bottle feeding</li> </ul> | <ul style="list-style-type: none"> <li>• Spitting reflex decreases</li> <li>• Recognises spoon and opens mouth when spoon gets closer</li> </ul> | <ul style="list-style-type: none"> <li>• Learns to keep mashed foods of firm consistency in his/her mouth.</li> <li>• Tries to clasp food with the fist and brings it closer</li> <li>• Can pass food from one hand to the other. Can drink from a cup with support</li> </ul> | <ul style="list-style-type: none"> <li>• Can eat finger food</li> <li>• Holds cup alone</li> <li>• Holds small food between the thumb and index finger (pincer grasp)</li> </ul> | <ul style="list-style-type: none"> <li>• Can eat alone with fingers</li> <li>• Can drink with a straw</li> <li>• Can hold a cup alone with two hands and drink</li> </ul> |
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#### Signals of being hungry or full

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| <ul style="list-style-type: none"> <li>• Cries when hungry</li> <li>• Admires caregiver, opens mouth during feeding, gives signs when he/she wants to continue drinking</li> <li>• Refuses nipple, stops sucking or falls asleep while drinking when full</li> </ul> | <ul style="list-style-type: none"> <li>• Moves head forward to reach the spoon if still hungry</li> <li>• Pushes food towards mouth when hungry</li> <li>• Is easily distracted or turns head sideways when full</li> </ul> | <ul style="list-style-type: none"> <li>• Grabs spoon or food when hungry.</li> <li>• Points to food when hungry.</li> <li>• Eats more slowly, keeps mouth closed or spits food out when full</li> </ul> | <ul style="list-style-type: none"> <li>• Grabs spoon or food when hungry</li> <li>• Points to food when hungry</li> <li>• When hungry, expresses joy when food arrives</li> <li>• Eats more slowly or pushes food away when full</li> </ul> | <ul style="list-style-type: none"> <li>• Asking for food is expressed by sounds or words</li> <li>• Shakes his/her head to indicate “no more” when full</li> </ul> |
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#### Suitable foods

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| <ul style="list-style-type: none"> <li>• Breast milk or infant formula</li> </ul> | <ul style="list-style-type: none"> <li>• Breast milk or infant formula</li> <li>• Finely pureed food</li> </ul> | <ul style="list-style-type: none"> <li>• Breast milk or infant formula</li> <li>• Coarsely pureed and mashed food without noticeable chunks</li> </ul> | <ul style="list-style-type: none"> <li>• Breast milk or infant formula</li> <li>• Food that is ground, mashed or cut into small pieces</li> <li>• Food of soft consistency</li> <li>• Offer different flavours</li> </ul> | <ul style="list-style-type: none"> <li>• Breast milk or infant formula</li> <li>• Solid food cut into small pieces, diced food of soft to medium consistency</li> <li>• Mixtures of different foods</li> </ul> |
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