

PUREES → TEXTURES

Supporting Feeding & Communication

6-12 months



Your baby is likely very interested in food now! Progressing from purees to more solid textures can feel uneasy. These feeding guides are skill-based and designed to grow with your child. Babies develop at different rates—follow skills and cues rather than age.

Skills your Baby is Learning

- ✓ Manages larger spoonfuls of puree
- ✓ Less gagging and coughing
- ✓ Manipulates food in mouth with their tongue (side to side, forward and back)
- ✓ Clears mouth after swallow- no leftovers
- ✓ More organized and robust chewing
- ✓ Practices on resistive foods (to chew-not eat) and edible foods (broken off into mouth & chewed)
- ✓ Can use pre-loaded spoon/fork to bring food to mouth and close mouth around utensil
- ✓ Can drink from a straw



Feeding = Skill Building

During this time, feeding is about **skill building and communication**. The mess continues, but you will see increase precision in self-feeding, and refined handling of utensils. Responsive feeding—**watching, waiting, and responding**—helps babies feel safe, regulated, confident and communicative at meals! Progression of textures is based on skills described above, not on teeth or age.

Feeding = Communication

Babies communicate through

- Reaching
- Grabbing
- Vocalizing
- Screaming
- Turning Away
- Spitting out food
- Hitting or Throwing Food/Utensils

💡 Respecting these signals builds trust & feeding confidence while empowering them with successful communication

MODEL LANGUAGE!

When you believe baby likes food/wants it, model:

- “More”
- “Eat”
- “Food”
- “Yum!”

When you believe baby doesn't like food/refuses it, model:

- “No thank you”
- “All done”
- “Yuck!”

⚠️ ***PAUSE** or **STOP** feeding a type of food if you see: frequent gagging or choking, large unchewed pieces in the mouth or vomiting.



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