

Child Nutrition Milestones

A guide for healthy growth and development

0 - 6 MONTHS

- Exclusive breastfeeding or iron-fortified formula
- Recognition of hunger cues (rooting, hand-to-mouth)
- Vitamin D supplementation as recommended

6 - 8 MONTHS

- Introduction of single-grain cereals and pureed vegetables
- Developing the ability to sit with minimal support
- Transition from sucking to swallowing solids

8 - 12 MONTHS

- Introduction of soft finger foods and "pincer grasp" practice
- Expansion to diverse proteins (mashed beans, eggs, fish)
- Sipper cup introduction for water

12 - 24 MONTHS

- Transition to whole cow's milk (or fortified alternative)
- Self-feeding with utensils (spoons/forks)
- Establishment of three regular meals and two healthy snacks

2 - 5 YEARS

- Development of consistent food preferences and independence
- Focus on portion control and internal satiety cues
- Involvement in simple meal preparation tasks

Note: This chart is for educational purposes. Always consult with a pediatrician for specific dietary needs.