

# Age Guide for Feeding, Speech, and Mouth Development

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## *Checklists and Activities Found in the Book:*

**NOBODY EVER TOLD ME (OR MY MOTHER) THAT!  
EVERYTHING FROM BOTTLES AND BREATHING TO HEALTHY SPEECH DEVELOPMENT**  
By Diane Bahr (Sensory World, 2010)

The *Age Guide for Feeding, Speech, and Mouth Development* provides **quick and easy** access to the checklists and activities in this **comprehensive child development manual**. It is fun and exciting to see children's accomplishments as they grow. Here are three steps to help you track and encourage a child's progress:

1. **Complete the checklists** for the child's age or corrected/adjusted age
2. **Read** the descriptive information surrounding the checklists
3. **Apply simple-to-use techniques** to encourage skills the child needs to develop

The items in **bold lettering** within the following chart are **overall skill-development checklists** for feeding, speech, and mouth development. They help you keep track of a child's specific development in these areas. Most of the checklists (found within this guide) reflect typical developmental milestones with the exception of the potential signs of autism (in italics) and the premie characteristics checklist. Under each age group, the topics are listed sequentially as they are found within the book.

AGE	FEEDING	SPEECH	MOUTH DEVELOPMENT
<p>Preemies (less than 37 weeks gestation)</p>	<p>Characteristics: pp. 323-324</p> <p>Note: Use the pages listed for full-term newborns, etc. as the child reaches that adjusted/corrected age (i.e., age if born on due date)</p>	<p>Note: Use the pages listed for full-term newborns, etc. as the child reaches that adjusted/corrected age (i.e., age if born on due date)</p>	<p>Characteristics: pp. 323-324</p> <p>Note: Use the pages listed for full-term newborns, etc. as the child reaches that adjusted/corrected age (i.e., age if born on due date)</p>
<p>Near-Term (37 to 39 weeks gestation)</p>	<p>Note: Use the pages listed for full-term newborns, etc. knowing there may be subtle differences such as undeveloped or missing sucking pads (p. 322)</p>	<p>Note: Use the pages listed for full-term newborns, etc. knowing there may be subtle differences or delays (p. 322)</p>	<p>Note: Use the pages listed for full-term newborns, etc. knowing there may be subtle differences such as undeveloped or missing sucking pads (p. 322)</p>
<p>Full-Term Newborns (40 weeks gestation)</p>	<p><b>Breast/Bottle Skills: pp. 24-25</b></p> <p>Feeding Positions: pp. 28-29</p> <p>Bottle Nipple Choice: p. 34</p> <p>Breast/Bottle Latch: pp. 36-37</p> <p>Breast/Bottle Flow: pp. 38-39</p> <p>Feeding Problems: pp. 40-41</p> <p>Baby Body Language: pp. 43-44</p> <p>Appropriate Liquids: pp. 181-182</p>	<p>Note: See "Tips to Encourage Good Vocal and Speech Development from Birth," pp. 216-218</p>	<p>Mouth Structure: pp. 5-6</p> <p>Mouth Reflexes: pp. 12-14</p> <p>Hand-Mouth Reflexes: pp. 86-87</p> <p>Pacifier Use: p. 111</p> <p>Mouthing: p. 140</p> <p>Bite Reflex/Chewing: p. 147</p> <p><b>Face/Mouth/Vocal Development: p. 290</b></p>

AGE	FEEDING	SPEECH	MOUTH DEVELOPMENT
1 Month	<p>Feeding Positions: pp. 28-29</p> <p>Bottle Nipple Choice: p. 34</p> <p>Breast/Bottle Latch: pp. 36-37</p> <p>Breast/Bottle Flow: pp. 38-39</p> <p>Feeding Problems: pp. 40-41</p> <p>Baby Body Language: pp. 43-44</p> <p><b>Feeding Skills: p. 46</b></p> <p>Appropriate Liquids: pp. 181-182</p>	<p><b>Speech Skills: p. 219</b></p> <p><b>Communication Skills: p. 235</b></p> <p><i>Potential Signs of Autism: p. 334</i></p>	<p>Mouthing: pp. 93, 140</p> <p>Pacifier Use: p. 111</p> <p>Drooling: p. 115</p> <p>Bite Reflex/Chewing: p. 147</p> <p><b>Face/Mouth/Vocal Development: p. 292</b></p>
2 to 4 Months	<p>Feeding Positions: pp. 28-29</p> <p>Bottle Nipple Choice: p. 34</p> <p>Breast/Bottle Latch: pp. 36-37</p> <p>Breast/Bottle Flow: pp. 38-39</p> <p>Feeding Problems: pp. 40-41</p> <p>Baby Body Language: pp. 43-44</p> <p><b>Feeding Skills: pp. 46-47</b></p> <p>Appropriate Liquids: pp. 181-182</p>	<p><b>Speech Skills: p. 219</b></p> <p><b>Communication Skills: pp. 236-238</b></p> <p><i>Potential Signs of Autism: pp. 334-335</i></p>	<p>Hand-Mouth Skills: p. 89</p> <p>Mouthing: pp. 93-94, 140-141</p> <p>Pacifier Use: p. 111</p> <p>Drooling: p. 115</p> <p>Bite Reflex/Chewing: p. 147</p> <p><b>Face/Mouth/Vocal Development: pp. 292-294</b></p>

AGE	FEEDING	SPEECH	MOUTH DEVELOPMENT
3 to 6 Months	<p>Feeding Positions: pp. 28-29</p> <p>Bottle Nipple Choice: p. 34</p> <p>Breast/Bottle Latch: pp. 36-37</p> <p>Breast/Bottle Flow: pp. 38-39</p> <p>Feeding Problems: pp. 40-41</p> <p>Baby Body Language: pp. 43-44</p> <p><b>Feeding Skills: pp. 48-49</b></p> <p>Introducing Foods and Liquids: pp. 181-182</p> <p>Breast/Bottle Weaning: p. 191</p>	<p><b>Speech Skills: pp. 219-220</b></p> <p><b>Communication Skills: pp. 238-241</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Hand-Mouth Skills: p. 89</p> <p>Mouthing/Teething: pp. 95-96, 141</p> <p>Pacifier Use: p. 111</p> <p>Teething/Drooling: pp. 115-116</p> <p>Chewing/Bite Reflex: p. 147</p> <p><b>Face/Mouth/Vocal Development: pp. 293-295</b></p>

AGE	FEEDING	SPEECH	MOUTH DEVELOPMENT
5 to 9 Months	<p>Sitting Position: p. 159</p> <p>Spoon Feeding: pp. 161, 165-166</p> <p>Open-Cup Drinking: pp. 166-167, 171</p> <p>Straw Drinking: pp. 172, 176</p> <p>Taking Bites/Chewing: pp. 177, 181</p> <p>Introducing Foods and Liquids: pp. 182-183</p> <p>How Much to Feed: pp. 187-188</p> <p>Breast/Bottle Weaning: p. 191</p> <p><b>Feeding Skills: pp. 202-204</b></p>	<p><b>Speech Skills: pp. 219-220</b></p> <p><b>Communication Skills: pp. 240-245</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouthing/Teething: pp. 99-100, 141</p> <p>Pacifier Weaning: p. 111</p> <p>Teething/Drooling: p. 116</p> <p>Chewing/Bite Reflex: p. 147</p> <p><b>Face/Mouth/Vocal Development: pp. 294-297</b></p>
9 to 12 Months	<p>Introducing Foods and Liquids: pp. 183-184</p> <p>How Much to Feed: pp. 187-188</p> <p>Breast/Bottle Weaning: p. 192</p> <p><b>Feeding Skills: p. 206</b></p>	<p><b>Speech Skills: p. 221</b></p> <p><b>Communication Skills: pp. 247-248</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouth Play/Teething: pp. 101-102, 141</p> <p>Pacifier Weaning: p. 111</p> <p>Teething/Drooling: pp. 116-117</p> <p>Chewing/Bite Reflex: p. 147</p> <p><b>Face/Mouth/Vocal Development: p. 298</b></p>

AGE	FEEDING	SPEECH	MOUTH DEVELOPMENT
12 to 15 Months	<p>Introducing Foods and Liquids: p. 184</p> <p>How Much to Feed: pp. 187-188</p> <p>Breast/Bottle Weaning: p. 192</p> <p><b>Feeding Skills: pp. 207-208</b></p>	<p><b>Speech Skills: pp. 221-222</b></p> <p><b>Communication Skills: pp. 250-252</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouth Play/Teething: pp. 103-104, 141</p> <p>Teething/Drooling: p. 117</p> <p><b>Face/Mouth/Vocal Development: pp. 299-300</b></p>
15 to 18 Months	<p>Introducing Foods and Liquids: p. 184</p> <p>How Much to Feed: pp. 187-188</p> <p>Breast/Bottle Weaning: p. 192</p> <p><b>Feeding Skills: p. 210</b></p>	<p><b>Speech Skills: p. 222</b></p> <p><b>Communication Skills: pp. 253-255</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouth Play/Teething: pp. 103-104, 141</p> <p>Teething/Drooling: p. 117</p> <p><b>Face/Mouth/Vocal Development: pp. 299-300</b></p>
18 to 21 Months	<p>Introducing Foods and Liquids: pp. 184-185</p> <p>How Much to Feed: pp. 187-188</p> <p><b>Feeding Skills: pp. 211-212</b></p>	<p><b>Speech Skills: pp. 222-223</b></p> <p><b>Communication Skills: pp. 256-257</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouth Play/Teething: pp. 106-107, 141</p> <p>Teething/Drooling: pp. 117-118</p> <p><b>Face/Mouth/Vocal Development: p. 301</b></p>
21 to 24 Months	<p>Introducing Foods and Liquids: p. 185</p> <p>How Much to Feed: pp. 187-188</p> <p><b>Feeding Skills: pp. 212-213</b></p>	<p><b>Speech Skills: pp. 223-224</b></p> <p><b>Communication Skills: pp. 258-260</b></p> <p><i>Potential Signs of Autism: p. 335</i></p>	<p>Mouth Play/Teething: pp. 106-107, 141</p> <p>Teething/Drooling: p. 118</p> <p><b>Face/Mouth/Vocal Development: p. 301</b></p>

<b>AGE</b>	<b>FEEDING</b>	<b>SPEECH</b>	<b>MOUTH DEVELOPMENT</b>
2 to 3 Years	Note: A child's feeding skills are mature	<b>Speech Skills: pp. 224-225</b>  <b>Communication Skills: pp. 262-267</b>	<b>Face/Mouth/Vocal Development: p. 303</b>
3 to 4 Years		<b>Speech Skills: p. 225</b>	<b>Face/Mouth/Vocal Development: p. 303</b>
4 to 8 Years		<b>Speech Skills: pp. 225-226</b>	<b>Face/Mouth/Vocal Development: p. 303</b>
7 to 10 Years		Note: A child's speech sound production skills mature by age 8	<b>Face/Mouth/Vocal Development: p. 304</b>
10 to 18+ Years			<b>Face/Mouth/Vocal Development: pp. 305-307</b>  Note: Face, mouth, and vocal development mature during this time