Checklist for Skills Progression
Staff must pay attention to signs of readiness and give the infant the tools to develop skills.

Infant Name: _____   Center: _____

INTRODUCING LIQUIDS IN CUPS

		Practice drinking from a cup. Practice starts around 6 months and continues with the goal of reaching independent drinking from an open cup as the baby is ready.	**Water, breast milk, or formula are the ONLY liquids to be offered in a cup.** • Initially hold the cup for the infant and help guide it. • Start with a small amount of liquid to minimize spills. • Using a cup with a broad base and two handles (at first) will result in fewer spills and better success. • The idea is to help infants learn how to drink from an open cup. Avoid sippy cup whenever possible.	**Comments**
Introduced by Parent	Introduced by Staff			
		Water	Dates:	
		Formula/ BM	Dates:	
		Other	Dates:	

FINGER FOODS - INDEPENDENTLY

		Finger Foods Does the baby bring items to his/her mouth using hands? Start finger foods when baby is ready, which may be as early as 6-7 months.	• Offer foods from menu options. • Examples: soft cooked peeled vegatables & fruits, minced meats, toasted bread squares, etc., as skills allow. • Provide opportunities for the baby to self-feed with hands. • Observe infant for swallowing or chewing problems • Refer to infant skills and development in the health manual, on the intranet (EHS section)	**Comments**
Introduced by Parent	Introduced by Staff			
		Cereal:	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	

USING A SPOON - INDEPENDENTLY

		Spoon Feeding Starts when baby reaches for the spoon. Allow the baby to try and self-feed, as ready or interested.	• Progressive skill. Allow the infant to try a spoon as soon as he/she reaches for a spoon. • In the beginning, babies have better success with foods that adhere to the spoon like thick infant cereal. • With practice, some will be able to self-feed with a spoon by 10-12 months.	**Comments**
Introduced by Parent	Introduced by Staff			
		Infant Cereal	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	
		Food:	Dates:	