



## The Gerber Feeding Plan

Development Stage	Newborn	Head Up	Supported Sitter	Independent Sitter	Crawler	Beginning to Walk	Independent Toddler
<b>What is Baby Doing? Physical Signs</b>	<ul style="list-style-type: none"> <li>Needs head support</li> </ul>	<ul style="list-style-type: none"> <li>More skillful head control with support emerging</li> </ul>	<ul style="list-style-type: none"> <li>Sits with help or support</li> <li>On tummy, pushes up on arms with straight elbows</li> </ul>	<ul style="list-style-type: none"> <li>Sits independently</li> <li>Can pick up and hold small object in hand</li> <li>Leans toward food or spoon</li> </ul>	<ul style="list-style-type: none"> <li>Learns to crawl</li> <li>May pull self to stand</li> </ul>	<ul style="list-style-type: none"> <li>Pulls self to stand</li> <li>Stands alone</li> <li>Takes early steps</li> </ul>	<ul style="list-style-type: none"> <li>Walks well alone</li> <li>Runs</li> </ul>
<b>What is Baby Saying? Hunger &amp; Fullness Cues</b>	<ul style="list-style-type: none"> <li>Cries or fusses to show hunger</li> <li>Gazes at caregiver, opens mouth during feeding indicating desire to continue</li> <li>Spits out nipple or falls asleep when full</li> <li>Stops sucking when full</li> </ul>	<ul style="list-style-type: none"> <li>Cries or fusses to show hunger</li> <li>Smiles, gazes at caregiver, or coos during feeding to indicate desire to continue</li> <li>Spits out nipple or falls asleep when full</li> <li>Stops sucking when full</li> </ul>	<ul style="list-style-type: none"> <li>Moves head forward to reach spoon when hungry</li> <li>May swipe food toward mouth when hungry</li> <li>Turns head away from spoon when full</li> <li>May be distracted or notice surroundings more when full</li> </ul>	<ul style="list-style-type: none"> <li>Reaches for spoon or food when hungry</li> <li>Points to food when hungry</li> <li>Slows down in eating when full</li> <li>Clenches mouth shut or pushes food away when full</li> </ul>	<ul style="list-style-type: none"> <li>Reaches for food when hungry</li> <li>Points to food when hungry</li> <li>Shows excitement when food is presented when hungry</li> <li>Pushes food away when full</li> <li>Slows down in eating when full</li> </ul>	<ul style="list-style-type: none"> <li>Expresses desire for specific foods with words or sounds</li> <li>Shakes head to say "no more" when full</li> </ul>	<ul style="list-style-type: none"> <li>Combines phrases with gestures, such as "want that" and pointing</li> <li>Can lead parent to refrigerator and point to a desired food or drink</li> <li>Uses words like "all done" and "get down"</li> <li>Plays with food or throws food when full</li> </ul>
<b>How Does Baby Eat?</b>	<ul style="list-style-type: none"> <li>Baby establishes a suck-swallow-breathe pattern during breast or bottle feeding</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeds or bottle feeds</li> <li>Tongue moves forward and back to suck</li> </ul>	<ul style="list-style-type: none"> <li>May push food out of mouth with tongue, which gradually decreases with age</li> <li>Moves pureed food forward and backward in mouth with tongue to swallow</li> <li>Recognizes spoon and holds mouth open as spoon approaches</li> </ul>	<ul style="list-style-type: none"> <li>Learns to keep thick purees in mouth</li> <li>Pulls head downward and presses upper lip to draw food from spoon</li> <li>Tries to rake foods toward self into fist</li> <li>Can transfer food from one hand to the other</li> <li>Can drink from a cup held by feeder</li> </ul>	<ul style="list-style-type: none"> <li>Learns to move tongue from side to side to transfer food around mouth and push food to the side of the mouth so food can be mashed</li> <li>Begins to use jaw and tongue to mash food</li> <li>Plays with spoon at mealtime, may bring it to mouth, but does not use it for self-feeding yet</li> <li>Can feed self finger foods</li> <li>Holds cup independently</li> <li>Holds small foods between thumb and first finger</li> </ul>	<ul style="list-style-type: none"> <li>Feeds self easily with fingers</li> <li>Can drink from a straw</li> <li>Can hold cup with 2 hands and take swallows</li> <li>More skillful at chewing</li> <li>Dips spoon in food rather than scooping</li> <li>Demands to spoon-feed self</li> <li>Bites through a variety of textures</li> </ul>	<ul style="list-style-type: none"> <li>Chews and swallows firmer foods skillfully</li> <li>Learns to use a fork for spearing</li> <li>Uses spoon with less spilling</li> <li>Can hold cup in one hand and set it down skillfully</li> </ul>
<b>What Can Baby Eat? Appropriate Foods &amp; Textures</b>	BREASTMILK OR INFANT FORMULA						
	GERBER CEREALS						
	GERBER 1 <sup>ST</sup> FOODS®/GERBER ORGANIC 1 <sup>ST</sup> FOODS®						
	GERBER JUICES						
	GERBER 2 <sup>ND</sup> FOODS®, MEATS, SIMPLE RECIPE™ DINNERS/GERBER ORGANIC 2 <sup>ND</sup> FOODS®						
	GERBER FINGER FOODS (WAGON WHEELS, ZWIEBACK TOAST, BITER BISCUITS)						
GERBER 3 <sup>RD</sup> FOODS®/GERBER ORGANIC 3 <sup>RD</sup> FOODS® /3 <sup>RD</sup> FOODS® LIL' ENTRÉES™							
GERBER GRADUATES® DICES, COOKIES, CRACKERS, CEREAL BARS							
GERBER GRADUATES® MEAT STICKS, MEALS, LIL' ENTRÉES™							
TABLE FOODS							

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