



Your Toddler's eating skills milestones

Improving eating skills

You'll see a big change in eating skills and behavior in your Toddler between the ages of one and two.

Toddler development to expect at 12-18 months:

- He's experimenting with utensils in different ways, using spoons for dipping and trying to scoop up food with his fork.
- First-year molars have come in and he's getting more practice chewing.
- Tilts a sippy cup backward with both hands because his wrists can rotate.
- Excited to sit at the table. Social time with the family is as important as the food.

Toddler development to expect at 19-24 months:

- Less predictable eating habits mean he may eat lots one day and hardly be interested the next.
- He may hesitate as new foods are introduced, so it may take several tries before he accepts them. Never insist that he finish what's in his bowl, but rather allow him to rely on his hunger and fullness cues.

- Your Toddler may exaggerate the chewing action, opening his mouth wider than necessary and causing some food and saliva to dribble out. But that's to be expected and is perfectly okay.
- He'll prefer the familiar routine of mealtime—seeing the same bib, bowl and utensils is comforting to your Toddler. His larger height and weight will usually mean that a high chair is no longer needed as he takes his own seat (or booster seat) at the table.