





Learning To Eat All By Myself!

These ages are a guide only, but can help determine a young child's readiness for eating and drinking independently

12 months	Picks up small crumbs with pincer grasp. Holds spoon but cannot yet use by themselves.	
15 months	Holds spoon, brings to mouth and licks, but usually cannot prevent it from tipping over.	
18 months	Holds spoon, gets food safely to mouth, chews well.	
2 years	Spoon feeds without spilling and chews. Asks for food and drink.	
2.5 years	Eats skilfully with spoon and may start to use fork.	
3 years	Eats independently with fork and spoon.	
4-5 years	Eats skilfully with fork and may use a knife but may still need help with tougher textures such as meats.	

Eating regular family meals together helps young children to develop healthy eating habits and learn about conversation and company.

Help children to sit at the table with you by keeping meals time between 10-30 minutes.

Turn off the TV and other screens during family meals. This stops your family from being distracted and helps your toddler to focus on eating and to know when they are full.