

Positioning during feeding

Did you know, the way your child is positioned in their high chair during mealtimes can have a huge impact on their ability to learn to eat solid foods?

Feeding is a whole body activity, and your baby's body needs to be well supported in order for them to have good control of their hands and mouth. Around 6-7 months babies are sitting independently, and while these new sitting skills are often enough to support your baby during play time, they will still need extra physical support during mealtimes. Providing your baby with a good, supportive seating arrangement will allow them to focus on learning important feeding skills such as picking up foods, bringing foods to their mouths, chewing, and swallowing.

The ideal position for children during feeding

We want to make sure that a baby's hips and pelvis are at a 90 degree angle from their legs, and keep the pelvis from tilting in any direction. You can use high chair cushions to provide support to your baby's back and hips. This will also decrease the amount of space in the seat of the chair to move your baby close to the tray. The tray also aids in support for your baby's arms and elbows. Also, having support under your baby's feet is very helpful to maintain endurance, and organization of their oral muscles. You can use blocks or chairs that have foot rests to support this.



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