



Why Texture Matters: Helping Kids Transition from Purees to Solids

The goal:

Help your child move from sucking to chewing and swallowing safely.
Texture builds oral strength, coordination, and confidence.

Step-by-step transition

- Thicken gradually: mix small mashed chunks into familiar purees.
- Offer meltables: puffs, teething wafers, soft crackers, they dissolve but require some chewing.
- Soft pieces next: avocado, banana, well-cooked carrots, pasta.
- Model chewing: exaggerate “munch-munch” faces — kids imitate you.
- Avoid sudden jumps: from smooth purees to hard chunks — go in micro-steps.

Watch for readiness

- Can your child sit upright and bring food to their mouth?
- Are they losing the tongue-thrust reflex?
- If yes, they’re likely ready to explore.

💡 Texture teaches — each new bite builds oral coordination.

First Rowe offers speech and feeding services in Brooklyn, NY and Fort Lee, NJ. If you’re interested in learning more about our services, visit our website or reach out.

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