# Baby feeding cues (signs)

#### "I'm hungry"



**Stirring** 



Mouth opening



Turning head Seeking/rooting

### "I'm really hungry"



Stretching



Increasing physical movement



Hand to mouth

#### "Calm me, then feed me"



**Crying** 



Agitated body movements



**Colour turning red** 

## Time to calm crying baby

- Cuddling
- Talking
- Skin-to-skin on chest
- Stroking



**For more information** refer to the Queensland Health booklet *Child Health Information: Your guide to the first twelve months* Visit the Queensland Health breastfeeding website: http://www.health.qld.gov.au/breastfeeding/





