



# Feeding cues, at a glance



## EARLY CUES

These mean, "I'm hungry"



stirring



mouth opening



turning head seeking / rooting

## MID CUES

These mean, "I'm really hungry"



stretching



increasing physical movement



hand to mouth

## LATE CUES

These mean, "I'm really upset! You need to calm me first, then feed me"



crying



agitated body movements



color turning red



## CALM BABY

Try cuddling, skin-to-skin contact on chest, talking and stroking.

