

Baby feeding cues (signs) Term

Early cues

"I'm hungry"



Stirring



Mouth opening



**Turning head
Seeking/rooting**

Mid cues

"I'm really hungry"



Stretching



**Increasing
physical movement**



Hand to mouth

Late cues

"Calm me, then feed me"



Crying



**Agitated body
movements**



Colour turning red

Tips to calm a crying baby

- Cuddling
- Skin-to-skin on your chest
- Talking
- 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: <https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/07/feeding-cues-term.pdf>