

# 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://www.qld.gov.au/health/children/babies/breastfeeding>



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