Baby feeding cues (signs)

**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

**Time to calm crying baby**
- Cuddling
- Skin-to-skin on chest
- Talking
- Stroking

For more information refer to the Queensland Health booklet Child Health Information: Your guide to the first twelve months