

Cues & Signals

If and when possible, try to respond to your newborn's hunger cues as soon as possible. Crying is often a "late" hunger cue, and may require you to calm your baby before feeding them to ensure they are relaxed and able to latch/feed effectively.

Early Cues

"I'm hungry"



Stirring



Mouth Opening



Turning Head/ Rooting

Mid Cues

"I'm Really Hungry!"



Stretching



Increasing Movements



Hand to Mouth

Late Cues

"Calm Me Then Feed Me!"

