



# 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.

