

# newborn hunger cues

## YOUR BABY'S COMMUNICATION

A successful feeding routine starts with learning your baby's hunger cues and signals. It is recommended that babies are fed "on demand" and not according to a schedule or the clock. This means that when baby shows signs of hunger, they should be fed right away- even if they just finished the last feed!

Responding to your baby's cues by offering on-demand feeding will establish a strong feeding relationship and ensure that your baby is getting the nutrition they need to grow and develop. By learning your baby's unique hunger cues, you'll be able to anticipate your baby's need to feed and not need to wait until they are crying to offer a feed. Remember, each baby is unique, so don't worry if your baby's feeding pattern differs from others.

Trust your instincts and your baby's cues, and you'll both thrive.

### early cues

"I'M HUNGRY!"

Early hunger cues can be easy to miss and may simply look like active movements.



STIRRING/WAKING FROM SLEEP



LIP SMACKING



ROOTING

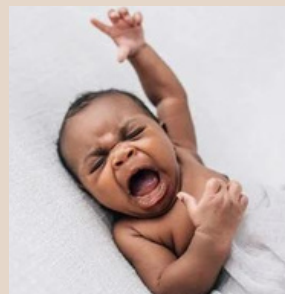
### mid cues

"HEY, I'M REALLY HUNGRY NOW!"

Look for increased body and mouth movements. Feed promptly to avoid escalation



STRETCHING



KICKING AND WAVING



FIST TO MOUTH

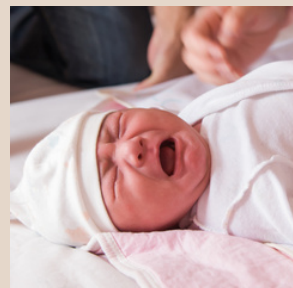
### late cues

"I'M STARVING! CALM ME, THEN FEED ME!"

Feeds may be more difficult if baby reaches this stage. Always calm baby before offering a feed.



INTENSE CRYING



TURNING RED



AGITATED MOVEMENTS