Baby Feeding Cues (signs)

**EARLY CUES – “I’m ready to feed”**
- Stirring
- Mouth opening
- Turning head
- Seeking/rooting

**MID CUES – “Don’t delay! Feed me, please!”**
- Stretching
- Increasing physical movement
- Hand to mouth

**LATE CUES – “Calm me, then feed me”**
- Crying
- Agitated body movements
- Color turning red

**Time to calm crying baby**
- Cuddling
- Skin to Skin on chest
- Talking
- Stroking
- Singing/humming
- Gently rocking
- Putting your warm cheek next to your baby’s head

*With permission from Queensland Government*