

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