Baby feeding cues (signs)

"I'm hungry"



Stirring



Mouth opening



Turning head Seeking/rooting

"I'm really hungry"



Stretching

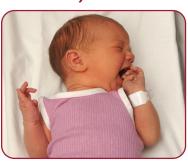


Increasing physical movement



Hand to mouth

"Calm me, then feed me"



Crying



Agitated body movements



Colour turning red

Time to calm crying baby

Cuddling

- Talking
- · Skin-to-skin on chest
- Stroking

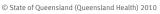




Partnering with Consumers National Standard 2 (2.4) Consumers and/or carers provided feedback on this publication.

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For more information visit Interior Health website www.interiorhealth.ca and search 'Feeding Your Baby' or scan code.

