

How do I know if my baby is hungry?

Traffic light system, recognise signs that your baby is hungry before the traffic light gets to red

EARLY CUES:
These mean
'I'm hungry'



STIRRING



MOUTH OPENING



TURNING HEAD

MID CUES:
These mean
'I'm really
hungry'



STRETCHING



PHYSICAL MOVEMENT

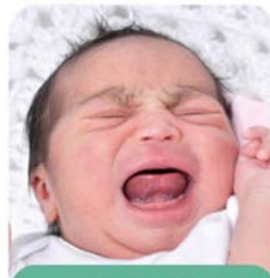


HAND TO MOUTH

FEED ME:
These mean
'I'm really
upset!'



CRYING



AGITATED



TURNING RED

Your baby may be:

Licking lips, making
smacking/sucking sounds,
opening mouth, sticking
tongue out, turning head

Feed me now

Your baby may be:

Putting hand to mouth or
sucking on anything nearby,
fidgeting, squirming, awake
and alert

Feed me now

Your baby may be:

Crying, turning red, agitated

Feeding may be more
difficult at this point...Calm
me: then feed me