

# Baby feeding cues (signs)

## Early cues

**"I'm hungry"**



Stirring



Mouth opening



Turning head  
Seeking/rooting

## Mid cues

**"I'm really hungry"**



Stretching



Increasing  
physical movement



Hand to mouth

## Late cues

**"Calm me, then feed me"**



Crying



Agitated body  
movements



Colour turning red

## Time to calm crying baby

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



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

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