

## Feeding Cues

Many new mothers wonder when they should breastfeed their babies. Babies should be feed when they show signs or cues of hunger. Mothers need to learn the cues so that they can feed their baby before they cry or become unhappy. When a baby is very unhappy it's harder to get them to eat.

### Baby's Early Hunger Cues:

- Hands near face or mouth
- Turning to face mother
- Sucking movements/sounds
- Fussiness

### Baby's Late Hunger Cues:

- Fingers making fist over chest, tummy or face
- Stiff, straight arms and legs
- Crying

### Baby's Full Cues:

- Less sucking
- Hands opened and relaxed
- Arms relaxed over chest or tummy
- Legs relaxed
- Fingers relaxed
- Mouth let go of the breast
- Baby is relaxed or falls asleep

