

# 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



For more information refer to the Queensland Health booklet *Child Health Information: Your guide to the first twelve months*  
Visit the Queensland Health breastfeeding website: <http://www.health.qld.gov.au/breastfeeding/>