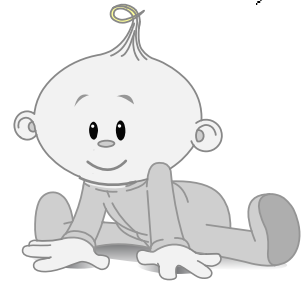


Feeding Cues

Baby's way of saying, "I'm hungry," "I need a break," "I'm full" or "I want to play"



Cues That Your Baby Is Hungry

- Mouthing
- Rooting
- Putting hand to his or her mouth
- Sucking movements
- Clenching fingers or making a tight fist over the chest or tummy
- Crying

➔ What to Do

- Try to feed your baby at this time.
- Unwrapping your baby, changing your position or your baby's position, or adjusting the bottle or nipple may stimulate your baby to feed.

Cues That Your Baby May Need a Break or Rest During the Feeding

- Looking away
- Arching of back
- Pulling away
- Spitting up
- Choking
- Crying

➔ What to Do

- Let your baby rest at this time. Your baby will start feeding again when he or she is ready.

- It is normal for your baby to suck and pause during feedings. Most babies suck 10 to 15 times then pause for 3 to 5 seconds before starting to suck again. This is a good time to talk to your baby and allow him or her to explore your face.

Cues That Show Your Baby May Be Full

- Opening or relaxing arms alongside his or her body
- Opening hands or relaxing fingers
- Arching of back
- Pushing away
- Falling asleep

➔ What to Do

- Stop the feeding.
- If baby just needs a break and wants to continue feedings, he or she will give you feeding cues.

Cues That Your Baby Just Wants to Spend Time With You

- Turning head towards you
- Looking at your face and eyes
- Smiling
- Reaching out to touch you

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➔ **What to Do**

- Take time during the feeding to play and talk with your baby.
- Feeding time is more than just taking time to eat. It is a good time to get to know your baby and take pleasure in each other.



When to Call Your Health Care Provider

- If your baby has difficulty sucking or feeding.
- If your baby doesn't suck or feed at all.
- If baby is vomiting.
- If baby has fewer feedings than usual.
- If baby has signs of dehydration:
 - Four or fewer wet diapers in 24 hours
 - Dry mouth
 - Sunken eyes
 - Sunken soft spot on head (fontanel)
 - Extreme irritability
 - Listlessness (decreased activity)
 - Possibly no tears

