

# Feeding Cues

Identifying when your baby wants to eat



## Early Feeding Cues

Early feeding cues should be watched for, and the breast should be offered when your baby is showing these signs. Feeding a baby at this stage is most likely to allow for a calm and successful feed.

- Licking lips
- Making a smacking or sucking sound
- Sticking Tongue Out
- Sucking Things Nearby
- Rooting (Turning head and opening mouth)
- Hands to Mouth

Babies will, on average, eat 8-12 times in 24 hours. Watch your baby's diapers to know that baby is getting enough milk.

## Late Feeding Cues

Later Feeding Cues:

- Fidgeting and squirming
- Fussing

Later feeding cues means the early cues were missed and now baby is quite hungry. Feeding may be more difficult.

Final Feeding Cues:

- Turning Red
- Crying

Final feeding cues mean the baby is very hungry and is likely to struggle to coordinate themselves to feed effectively. Try to avoid letting it get that far.

**A crying baby cannot latch well. Try to soothe your baby and then feed once calmed.**

