

Your Baby's Feeding Cues

Your baby is born with the ability to regulate and eat the amount of food they need. In the beginning, **your role as a parent** is to decide what your baby eats and to follow their cues for hunger and fullness (satiety). **Your baby's role** is to let you know when they're hungry and when they're full. By having a healthy feeding relationship right from the start, you'll help your baby develop healthy eating habits for life.

Watch your baby for early hunger cues—**babies feed best when they're quiet and alert.** If you're having trouble reading your baby's cues, talk with your health care provider.

Early cues *"I'm getting hungry."*



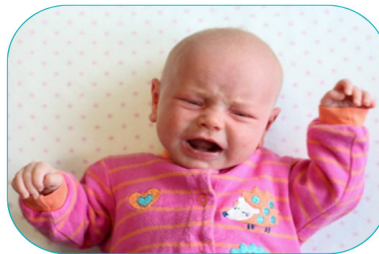
- Waking up
- Small movements
- Mouth opening
- Turning head

Mid cues *"I'm really hungry."*



- Stretching
- Increased movement
- Hand to mouth

Late cues *"Calm me, then feed me."*



- Crying
- Agitated movement
- Turning red

How to calm your baby

- Cuddling
- Skin-skin
- Talking
- Stroking



Resource adapted with permission from Queensland Health

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