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

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