

Baby Feeding Cues (signs)

Early cues



Stirring



Mouth opening



Turning head seeking/rooting

"I'm hungry"

Mid cues



Stretching



Increasing physical movement



Hand to mouth

"I'm really hungry"

Late cues



Crying



Agitated body movements



Colour turning red

"Calm me, then feed me"

Tips to calm baby: Cuddling, talking, Skin to Skin on parent's chest.

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