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