

Newborn Hunger Cues (Signals)

The infant uses cues as their language to communicate their needs to us. When they are hungry, newborns communicate with simple, recognizable cues that are easy to spot. For all parents, learning their child's language is a new skill.

As soon as your infant shows signs of hunger, try to feed them. In order to guarantee that your baby is peaceful and able to latch or feed effectively, you may need to quiet them down before feeding them because crying is frequently a "late" hunger indicator. Calm your baby by cuddling, skin-to-skin, talking, or stroking.

EARLY CUES



STIRRING



MOUTH OPENNING



TURNING HEAD / ROOTING

I'M HUNGRY

MID CUES



STREACHING



INCREASING MOVEMENT



HAND TO MOUTH

I'M REALLY HUNGRY

LATE CUES



CRYING



AGITATED BODY MOVEMENTS



COLOR TURNING RED

CALM ME DOWN AND FEED ME

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**AGITATED BODY
MOVEMENTS**

**COLOR
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**CALM ME DOWN AND
FEED ME**