

HOW DO I KNOW MY BABY IS HUNGRY?

LEARN THE SIGNS



Recognizing these signs enables you to understand your baby's hunger cues and promptly relieve their discomfort

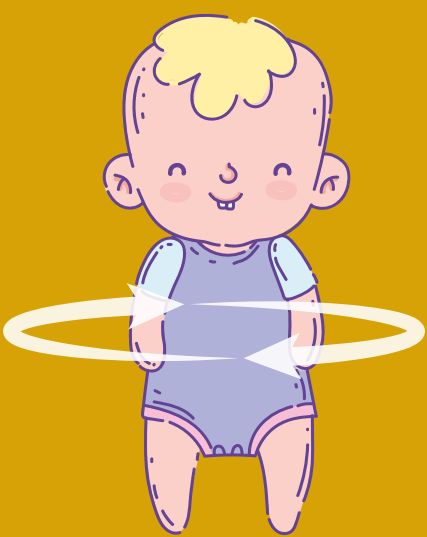
EARLY SIGNS

- Smacking or licking lips
- Opening and closing mouth
- Sucking on lips, tongue, hands, fingers, toes, toys, or clothing



ACTIVE SIGNS

- Rooting around on the chest of whoever is carrying them
- Trying to position for nursing, either by lying back or pulling on your clothes
- Fidgeting or squirming around a lot
- Hitting you on the arm or chest repeatedly
- Fussing or breathing fast



LATE SIGNS

(calm the baby before feeding!)

- Moving head frantically from side to side
- Crying
- Skin turning red

