

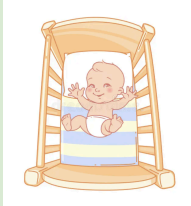




# Understanding Hunger Cues

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## Early Cues

"I'm Starting to Get Hungry"






These are the 1st, quiet signals your baby gives. Responding here prevents frustration & ensures a calm latch.

<p>Stirring or waking up:</p> 	<p>Opening &amp; closing mouth:</p> 	<p>Turning head side to side:</p> 	<p>Sucking on hands &amp; fingers:</p> 	<p>Soft cooing or sighing:</p> 
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## Middle Cues

"I'm Really Hungry Now"






If early signals are missed, your baby will become more active and insistent.

<p>Rooting urgently:</p> 	<p>Squirming:</p> 	<p>Fussing or whimpering:</p> 	<p>Breathing faster:</p> 	<p>Pulling clothes:</p> 
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## Late Cues

"I Need to Eat NOW!"

By this stage, your baby is distressed and it will be extremely difficult to latch. If your baby reaches this stage, hold them skin-to-skin, rock gently, or offer a finger to suck on briefly before attempting to latch.

<p>Crying or screaming:</p> 	<p>Turning red in the face:</p> 	<p>Frantic head movements:</p> 	<p>Agitated body movements:</p> 	<p>Extremely difficult to latch:</p> 
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