

# Newborn Hunger Cues/Signals



If and when possible, try to respond to your newborn's hunger cues as soon as possible. Crying is often a "late" hunger cue, and may require you to calm your baby before feeding them to ensure they are relaxed and able to latch/feed efficiently.

## Early Cues

## "I'm hungry!"



Stirring



Mouth Opening



Turning Head/ Rooting

## Mid Cues

## "I'm Really Hungry!"



Stretching



Increasing Movements



Hand to Mouth

## Late Cues

## "Calm Me Then Feed Me!"



Crying



Agitated Body Movements



Turning Red