

Baby feeding cues

Babies show the same signs of being ready to feed however they are being fed.

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.



Support line: 0300 330 0700 www.nct.org.uk



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