

Hunger Cues



First signs of hunger

- Even while sleeping, some babies will show you they may be getting ready for a feeding.
- Babies will usually begin to move around, have rapid eye movement, and show some of the signs of hunger below.



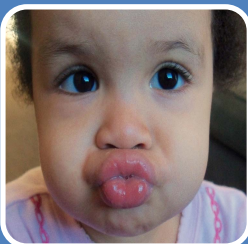
Rooting

- Rooting is when the baby will turn her head and open her mouth in search of food.



Sucking on hands

- Babies may begin to suck on their hands to sooth themselves if they are beginning to feel hungry.



Pucker lips

- Babies will begin to do this when they are ready to latch onto the breast.



Late Signs of hunger

- Baby will likely have been showing some of the signs of hunger listed above, but will now become more frantic, start crying or screaming, and will be more difficult to feed.