MY BABY IS HUNGRY WHEN...

EARLY CUES*
"I AM HUNGRY, FEED ME NOW"

MID CUES
"I AM REALLY HUNGRY, FEED ME NOW"

LATE CUES
"CALM ME, THEN FEED ME"

STIRRING	STRETCHING	CRYING
MOUTH OPENING	INCREASING PHYSICAL MOVEMENT	AGITATED BODY MOVEMENTS
TURNING HEAD SEEKING/ROOTING	HAND TO MOUTH	COLOUR TURNING RED

*ideal time to feed baby

TIPS TO CALM A CRYING BABY
● Cuddling ● Skin-to-skin ● Talking ● Stroking