

Hunger Cues

www.breastfeedingbuddies.com

Early Cues (Baby is hungry)

- Tongue thrust/lip movement/opening mouth
- Hands in/near mouth
- Head movement side to side
- Rooting
- Stirring as baby wakes up

Mid Cues

- Frequent mouth movement
- Intense sucking on hands/skin
- Rooting while very alert
- Searching for breast
- Repetitive Head bobbing

Late Cues

(baby may need to be calmed before feeding)

- Crying *this is the very last sign of hunger*
- Face turning red
- Baby is agitated, may not be willing to latch

Breastfeed your baby often. Your baby will tell you when they are hungry. Watch for these cues:



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