

## Hunger Cues



Babies show several cues in readiness for breastfeeding. Tuning into your baby's cues will make your feeding more successful and satisfying for both your baby and for you. Your baby does not have to cry to let you know he is hungry. Crying is the last hunger cue!

Watch for the following hunger cues:

- ✓ Awakening
- ✓ Soft sounds
- ✓ Mouthing (licking lips, sticking tongue out)
- ✓ Rooting towards the breast (turning the head and opening the mouth)
- ✓ Hand to mouth activity
- ✓ Crying, beginning softly and gradually growing in intensity



Try to catch your baby's feeding cues early in the cycle – avoid crying – and begin breastfeeding!

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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