EISENHOWER HEALTH

Baby Feeding Cues (Signs)

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

Color turning red

Time to calm crying baby

- Cuddling
- Skin-to-skin on chest
- Talking
- Stroking

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