

Baby Signs

You can learn the signs that your baby is tired, hungry or full.

I am starting to get hungry

Sucks or chews on hands and blanket
Turns head looking for the breast
Opens mouth and puts out tongue



I am hungry NOW

As well as the signs above
Makes small noises and starts to fuss



You have not fed me

Crying loudly
Arching back, tense body
Tongue up, not pushing out
What to do: calm baby by holding close and talking softly. When calm, feed baby.

A crying baby is hard to feed.

Feed your baby when baby shows early signs of hunger.

Crying for a long time is not good for a baby. It also uses up energy and baby is then more hungry.

I am full

Body relaxed, arms fall to side
Sucks only very lightly or stops sucking



I am tired or bored

When put to the breast, baby sucks for a short time and then falls asleep or is calm. A hungry baby sucks strongly and for a longer time. Cuddling, rocking, walking settles the baby.



Keep your baby near to you so you can see the signs.

Watch your baby not the clock. But sometimes a baby is sleepy all the time and does not show signs of hunger. Then you need to wake your baby every 2-3 hours and encourage baby to feed.

If you use a soother, you may not see your baby's signs of hunger.

