

# UNDERSTANDING YOUR BABY'S CUES



## Hunger

When your baby is hungry they may:

- keep their hands near their mouth
- bend their arms and legs
- make sucking noises
- pucker their lips
- search for the nipple (root)

## Fullness

When your baby is full they may:

- suck slower or stop sucking
- relax their hands and arms
- turn away from the nipple
- push away
- fall asleep

UNDERSTANDING

# WHAT YOUR NEWBORN IS SAYING

Responding to cues quickly before your baby starts to fuss may help your baby cry less.



## "I need something to be different."

Learning is hard work for babies and they can tire quickly. Your baby will show you signs that they need something to be different.

They might:

- look away, turn away, or arch their back
- frown or have a glazed look in their eyes
- stiffen their hands, arms or legs
- yawn or fall asleep
- search for the nipple (root)

## "I want to be near you."

As your newborn gets older, you will be better able to tell when they are ready to interact, learn or play.

They might:

- have a relaxed face and body
- follow your voice and face
- reach toward you
- stare at your face
- raise their head

