Feeding Cues

Developed by Women's and Newborn Services Royal Brisbane and Women's Hospital

Early Cues - "I'm hungry"



Stirring



Mouth opening

Turning head Seeking/rooting

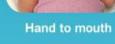
Mid Cues - "I'm really hungry"



Stretching



Increasing physical movement



Late Cues - "Calm me, then feed me"



Crying







Colour turning red

Responsive breastfeeding supports the development of a reciprocal, close, loving relationship between you and your baby.

It means putting your baby to your breast whenever you want or when:

- baby shows feeding cues
- baby is distressed or lonely
- your breasts are full
- you simply wants a sit down and cuddle

Breastfed babies cannot be overfed or 'spoiled' by frequent feeding. © **UNICEF UK Baby Friendly Initiative**

What to look for:

Keep baby close to you so that you can recognise his feeding cues:

- rapid eye movements,
- sucking fingers and fists,
- rooting (opening their mouth as though they were about to breastfeed),
- moving and wriggling.

These are all signs that your baby is getting ready for a feed.

• Crying is the last sign of hunger and by then your baby maybe too distressed to feed effectively. Try to soothe him before you offer a feed. Skin to skin contact is great for calming your baby at any time.