

Signs Your Baby is Hungry



EARLY SIGNS: Baby is alert and ready to feed - FEED BABY



Stirring



Mouth opening



Head turning

LATER SIGNS: Baby is getting really hungry - FEED BABY!



Stretching



Moving arms and legs



Hands to mouth

VERY LATE SIGNS: Baby is too upset to feed - CALM BABY



Crying



Lots of moving



TO CALM BABY: hold baby skin to skin on chest, then latch