

# Baby signals

## - cues when in need of the breast

If you have your baby in your arms or a sling you can read your baby's signals more easily. Your baby can also send you these signals more easily when he/she is close. If you answer your baby's signals early, it makes breastfeeding easier and helps the baby establish a better expectation of having his/her needs met. Breastfeeding is more than just a source of food, it's also a source of comfort.



### **I'm hungry - early cues**

The baby's signals are calm. Example of early cues:

- Turning and lifting his/her head
- Sticking his/her tongue out in a rhythmic manner
- Opening and closing his/her mouth (lip smacking)
- Seeking for the breast (rooting)
- Sucking on his/her fingers
- Bumping or "head butting" the breast.



### **I'm very hungry - mid cues**

The baby's signals are active. Examples of mid cues

- Active movements
- Determined rooting for the breast
- Becoming fussy
- Bumping/ head butting more vigorously
- Opening and closing mouth wide to try to latch on
- Sucking actively on his/her hands



### **I'm extremely hungry - late cues**

You may need to actively calm and comfort your baby before he/she can feed.

Your baby now appears distressed

Examples of late cues:

- Grimacing
- Rooting in a frustrated manner
- Crying
- Screaming