

SimpliFed

Hunger Cues



Early Cues – I could eat!

- Rapid Eye Movement / REM
- Stirring
- Open Mouth
- Sticking tongue out or sucking



Mid Cues – 10 minutes until hangry

- Rooting
- Hands to mouth or face
- Wriggling/stretching



Late Cues – I need milk NOW!

- Flailing arms
- Turning red
- Crying



Soothe baby by:

- Skin to Skin contact
- Rocking
- Singing
- Cuddles