How does my baby let me know he’s hungry?

Early cues
These mean ‘I’m hungry’

Babies show signs that they want to be fed. Keeping your baby close will help you recognise these signals. Responding to your baby’s needs will not ‘spoil’ him, but will help him feel safe and secure. These babies are letting you know when they are ready for a feed.

Stirring
Mouth opening
Turning head

To calm your baby, try cuddling him, skin-to-skin, talking and stroking.

Mid cues
These mean ‘I’m really hungry’

Feed him when he shows the signs. Watch your baby, not the clock!

Stretching
Physical movement
Hand to mouth

Feed me
These mean ‘I’m really upset!’

‘You need to calm me first, then feed me’

Crying
Agitated
Turning red