



# HUNGRY OR FULL?

## Know Your Baby's Cues

Your baby will use several cues at the same time to show you when they are hungry and when they are full.

### HUNGER CUES



Keep their hands  
near their mouth



Bend their  
arms and legs



Make sucking noises



Pucker their lips



Search for the  
breast or chest

### FULLNESS CUES



Suck slower or stop  
sucking



Relax their arms  
and legs



Turn away



Push away



Fall asleep



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## Know Your Baby's Cues

### TIPS FOR SUCCESS

- ✓ Try to respond to hunger cues before your baby starts crying. They will show hunger cues before they start to cry. If they start to cry, you may need to calm them down before feeding them.
- ✓ Crying does not always mean hunger. If your baby is crying, but not showing hunger cues, they are probably crying for other reasons. A crying baby who is hungry will show hunger cues, even after they start to cry.

✓ Watch your baby, not the clock. Follow your baby's hunger cues instead of a strict schedule.

✓ Watch for several cues at the same time. Your baby will combine several cues together to show you they are hungry or full.



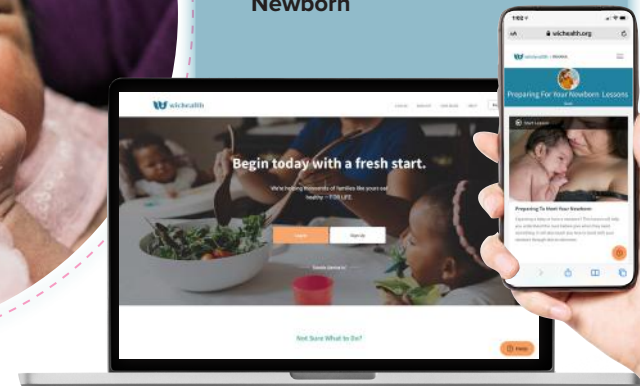
LESSON:  
PREPARING TO MEET  
YOUR NEWBORN

### Take This Lesson to Learn:

- Baby's cues in action and watch a video
- The cues babies give when they need something
- How you and your family can bond with your baby through skin-to-skin time.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy and Baby's First 6 Months**
- Choose the lesson: **Preparing To Meet Your Newborn**



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