

## Feeding Cues

Your baby should be offered a feed at the earliest signs (cues) showing that they are hungry and ready to feed. Waiting or leaving baby to cry increases their stress levels and can affect baby's growth and brain development.

### Early baby signs/cues that the baby is ready to feed.

Offer the feed now.



Waking up.



Wiggling, moving arms or legs. Rooting.



Putting fingers to mouth.

### Later baby signs/cues that the baby is ready to feed.

Quickly, offer a feed.



Fussing, squeaky noises.



Restless, crying intermittently.

### Very late baby signs/cues that the baby is ready to feed.

At this point you will have to settle and calm baby before offering a feed.



Full cry, aversive screaming pitch, red colour.

Responding to your baby's early feeding cues makes your baby feel safe and secure. This will help with your baby's growth and brain development.