

Signs of hunger

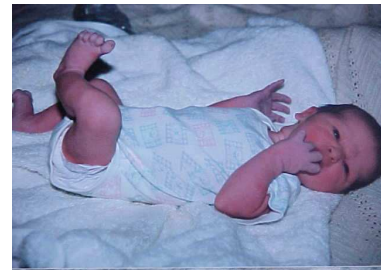
Learning to read your baby's cues will help:

- Make feedings more successful
- You get to know your own baby
- Your baby develop trust and confidence



Offer the breast when your baby shows any of the following signs of hunger:

- Wiggling, tossing and turning, or restlessness while sleeping
- Mouthing (hand movements to the mouth and sucking on fists)
- Licking lips
- Sucking motions or sounds
- Rooting (opening the mouth, searching to suck, and sucking on contact)
- Turning head back and forth
- Sticking out tongue
- Soft cooing or sighing sounds
- Moving arms and legs



Crying is a late sign of hunger

By the time an infant is crying from hunger, earlier cues have usually been missed and your baby may be too upset to settle down to feed.

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You've got what it takes!

For more information call **Health Connection** at 1-800-361-5653