

What are my baby's hunger cues?

Babies give hunger cues when they are ready to eat.

Although most people think that a crying baby is ready to eat, crying is actually the last cue. In fact, a crying baby is more difficult to latch.

Early indicators may include:

- Wiggling around
- Smacking or licking their lips
- Bringing their hands towards their mouth
- Rapid eye movement
- "Rooting"

Before your baby can speak words, these are the first ways that our children can communicate that they are hungry.

If your baby becomes completely overwhelmed, upset and inconsolable before the subtle cues listed above, it is best to take a moment and calm your little one before beginning to feed.

Recognizing and responding to the early hunger cues jumpstarts good communication between you and your child. It also decreases the anxiety that can be caused between you both when emotions are at a high.