

Tips for Parents

When you see cues that your baby is ready to be near you, you should...

- * Interact and play with your baby. This is the best time for a baby to learn, play, and feed.
- * Keep in mind that learning is hard work. Babies can get tired very quickly.

When you notice that your baby needs a break, here are some things to try...

- * Let your baby turn away and have a break. Quiet time is good for both of you!
- * Change the environment. A lot of noise or crowds of people can be very tiring for babies.
- * Stop interactions. Sometimes even siblings can be too much for your baby to handle.

Adapted from the California WIC Program.

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Understanding Your Baby's Cues

Do you find it hard to know what your baby needs? Do you want to know how to help your baby be calm and happy?



Thankfully, babies have cues that show parents what they need. Looking for cues can make it easier for you to help your baby be calm and happy.

I want to be near you!

"Near you" cues are things your baby does to let you know he wants to be with you.



Here are some things your baby might do to tell you he is ready to interact with you:

- Stare at your face
- Root or make sucking motions
- Make feeding sounds
- Smile
- Have a relaxed face and body
- Follow your voice and face
- Raise his head



Some cues are very obvious, but others may be harder to notice.

I need a break!

"Need a break" cues are things your baby does to show you that she needs a break from what she is doing or for something to be different.



Here are some things your baby might do to tell you she needs a little break or something to be different:

- Looking, turning, or arching her back away
- Extending her fingers, with a stiff hand
- Falling asleep
- Frowning or having a glazed look
- Yawning



Crying is also a "need a break" cue, but it usually comes after some of the other cues. Noticing cues quickly may prevent your baby from crying.