

# Understanding Your Baby's **CUES**



## **HUNGER**

When your baby is hungry he may:

- Keep his hands near his mouth
- Bend his arms and legs
- Make sucking noises
- Pucker his lips
- Search for the nipple (root)



## **FULLNESS**

When your baby is full he may:

- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep



# What Your Newborn Is **SAYING**



## *I Need Something to Be Different*

Learning is hard work for babies and they can tire quickly. Your baby will show you signs that he needs something to be different.

### **He might:**

- Look away, turn away, or arch his back
- Frown or have a glazed look in his eyes
- Stiffen his hands, arms or legs
- Yawn or fall asleep

Responding to cues quickly before your baby starts to fuss may help your baby cry less.

## *I Want to Be Near You*

As your newborn gets older, you will be better able to tell when he is ready to interact, learn or play.

### **He might:**

- Have a relaxed face and body
- Follow your voice and face
- Reach toward you
- Stare at your face
- Raise his head

