

Understanding Your Baby's Cues

Babies are born with the ability to communicate. They use cues to show parents what they need.



Newborn babies are still learning to control their bodies. Sometimes their cues are hard to understand. Watching your baby will help you learn what she needs.

With practice, your baby will get better at giving cues and you will get better at responding to them.



By responding quickly to your baby's cues, you will learn to communicate with each other. She will develop confidence that her world is safe and secure.

When Your Baby is Hungry

Newborn babies have to be fed often because their stomachs are very small. Compared to older babies, newborn babies are more likely to be hungry when they cry. Watching and responding to hunger cues can help prevent some crying.



Hunger Cues

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 Cues

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



Developed by the Douglas/Sarpy County WIC staff in collaboration with the Nebraska WIC Program.

This information has been adapted from the California WIC Program California Department of Health and the UC Davis Human Lactation Center.