

Information for breastfeeding families

Infant Hunger Cues



Babies show several cues in readiness for breastfeeding. Tuning into your baby's cues will make your feeding more successful and satisfying for both your baby and for you.

Your baby does not have to cry to let you know he is hungry. ***Crying is the last hunger cue!***

Awakening
Soft sounds
Mouthing (licking lips, sticking tongue out, licking lips)
Rooting towards the breast (turning the head and opening the mouth)
Hand to mouth activity
Crying beginning softly and gradually growing in intensity



Try to catch your baby's feeding cues early in the cycle – avoid crying – and begin breastfeeding!