

## 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!**

### Hunger cues:

- Awakening
- Soft sounds
- Mouthing (licking lips, sticking tongue out)
- 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!**

