



UNDERSTANDING YOUR BABY'S CUES

Babies use cues to communicate their needs. Some are very obvious, but others may be harder to notice. Here are some cues to look for to know what your baby is saying.

I WANT TO BE NEAR YOU

- Staring at your face
- Following your sounds and movements
- Relaxing their face and body
- Raising their head
- Smiling



TIPS: When you see your baby wants to be near you, you should interact and play with them. This is the best time for them to learn. Keep in mind that learning is hard work! Babies can get tired very quickly.

I'M HUNGRY

- Sucking on hands
- Making feeding sounds
- Opening mouth wide
- Turning head toward you
- Making sucking motions
- Increasing body movement

TIPS: Crying is also a cue, but it usually comes after some of the other cues. Watching and responding quickly to the earlier cues can help reduce crying. Once an infant starts crying, calm them down before feeding them.

I'M FULL

- Stopping sucking
- Sealing lips together while feeding
- Relaxing body
- Falling asleep
- Pushing or arching away
- Turning head away from or spitting out the nipple

I NEED SOMETHING DIFFERENT

- Looking or turning away
- Extending fingers with a stiff hand
- Yawning or falling asleep
- Arching back
- Frowning or having a glazed look

TIPS: Babies will give you cues when they need a change.

- 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.

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