

How your baby tells you they're hungry

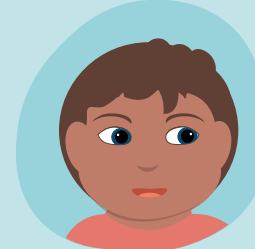
Hunger cues are how your baby shows you they are hungry. Every baby is different, your baby may show some or all of these cues, and they may look a little different each time.

1 Early hunger cues

First signs that your baby is hungry. Learn to recognise these cues so you can feed your baby when they are hungry.



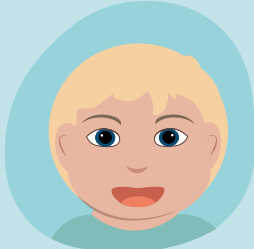
Rooting reflex
(turning their head
side to side)



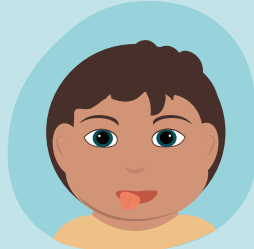
Rapidly moving
their eyes



Bringing their hands
to their mouth



Opening their
mouth



Moving their
tongue



Becoming more
alert and restless



Jerky arm or leg
movements

2 Mid-hunger cues

Your baby is getting hungrier. Time to start feeding soon.



Becoming more
restless



More frequent
hand-to-mouth
movements



Sucking on their lips
or hands

3 Late hunger cues

Crying is a late sign of hunger. It can help to calm and settle your baby before offering a feed.



Crying

It can take time to learn your baby's hunger cues. Be patient and trust yourself as you get to know your baby.