

# BREASTFEEDING

## HOW DO I KNOW WHEN BABY IS HUNGRY?

### CUES THAT BABY IS HUNGRY

- ▶ Mouthing, rooting or sucking movements
- ▶ Clenching fingers or making a tight fist
- ▶ Crying

Try to feed baby at this time. Unwrap baby, change your position or baby's and adjust your nipple to stimulate baby to nurse.

### CUES THAT BABY NEEDS A BREAK


- ▶ Looking away or crying
- ▶ Arching of back or pulling away
- ▶ Spitting up or choking

When baby does these things, let him rest. It is normal for baby to suck then pause for three to five seconds before sucking again. This is a good time to talk to baby and allow him to explore your face.

### CUES BABY IS FULL

- ▶ Opening or relaxing arms alongside his body
- ▶ Opening hands, relaxing fingers or falling asleep
- ▶ Arching of back or pushing away

Stop the feeding or take a break until baby gives you additional feeding cues.

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