

Understanding Feeding Cues

Babies have many ways of telling us they are hungry.

Learning their cues helps you respond with confidence and builds a trusting bond.

Pebble says, "See the cues, feed with love. Your baby will feel safe and understood."



Early Cues – "I'm Getting Hungry"

Catching these early signs helps your baby stay calm and makes feeding easier.



Stirring

Waking up, moving arms and legs, opening eyes.



Mouth Opening

Opening and closing their mouth.



Turning Head

Turning head toward your breast when cheek or lips are touched.



Smacking Lips

Smacking or licking lips, making sucking sounds.



Bringing Hands to Mouth

Exploring hands and fingers.

Late Cues – "I'm Really Hungry"

Your baby is telling you loudly now. Try to feed before they reach this stage.



Fussing

Squirming, moving more, or making complaining sounds.



Crying

Crying is a late sign of hunger and can make breastfeeding more difficult.



Red Face

Face may become red as they get more upset.



Clenched Fists

Hands are tight and body is tense.



Turning Away

Turning head away from the breast.

Helpful Tips

- ♥ Offer the breast when you see early cues.
- ♥ This helps your baby stay calm and feed well.
- ♥ Feed your baby in a calm, quiet environment.
- ♥ Trust your baby. You know your baby best.
- ♥ Every baby is unique and learns in their own way.

Feeding is about more than milk. It's about love, connection, and being close.



Remember

There is no perfect way to breastfeed. You are learning, and so is your baby. You're doing an amazing job.



A Gift for You and Me!

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