



Baby Cues

Babies use their bodies and make noises to let their parents know when they need to eat, learn, play or rest. These are called cues.



Understanding Your Baby's Cues



1 Babies are born with the ability to communicate. They use cues to show parents what they need.



2 Newborn babies are still learning to control their bodies. Sometimes their cues are hard to understand. Watching your baby will help you learn what she needs.



3 With practice, your baby will get better at giving cues and you will get better at responding to them.



4 By responding quickly to your baby's cues, you will learn to communicate with each other. She will develop confidence that her world is safe and secure.

When Your Baby Is Hungry

Newborn babies have to be fed often because their stomachs are very small.

Compared to older babies, newborn babies are more likely to be hungry when they cry.

Watching and responding to hunger cues can help prevent some crying.

Hunger Cues

When your baby is hungry he may:

- Keep his hands near his mouth
- Bend his arms and legs
- Make sucking noises
- Pucker his lips
- Search for the nipple (root)

Fullness Cues

When your baby is full he may:

- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep

I Want to Be Near You

As your newborn baby gets older, it will be easier to tell when he is ready to interact, learn or play.

He might:

- Have a relaxed face and body
- Follow your voice and face
- Reach toward you
- Stare at your face
- Raise his head



I Need Something to Be Different

Learning is hard work for babies and they can get tired quickly. Your baby will show you signs that he needs something to be different.

He might:

- Look away, turn away, or arch his back
- Frown or have a glazed look in his eyes
- Stiffen his hands, arms or legs
- Yawn or fall asleep

Responding to cues quickly, before your baby starts to fuss, may help your baby cry less.





What Should I Do If My Baby Needs Something to Be Different?



When your baby gives you cues that she is overwhelmed, give her a break from the world around her:

- Turn her away or stop the activity and hold her close to your body.
- Change the environment. People or noises can be very tiring for babies. Move her away from the noise and wait until she is ready to interact again.
- Lay her down for a nap if she is tired. Quiet time is good for both of you!
- Teach siblings about baby cues. Show them how baby lets them know when she needs a break.

Newborn babies may also be sensitive to what's going on inside their bodies. Some babies may be fussy right after feeding. Be patient, they may need to burp, pass gas or poop.

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