



Baby's feeding cues

Make sure to answer your baby's first sign before crying occurs.

1

Mouthing



- Rapid eye movement while sleeping
- Mouth, lip or tongue movements:
 - Making sucking motions with lips
 - Opening and closing the mouth
 - Sticking out the tongue
 - Puckering of the lips

2

Rooting



- Hand to mouth reflex:
 - Putting hands in the mouth
 - Sucking the hands or fists

3

Crying



- Missed the first two signs
- Not a feeding cue, late sign