

# UNDERSTANDING YOUR BABY'S CUES

Your baby uses cues to communicate their needs. Some are very obvious, but others may be harder to notice. Here are some cues to look for to know what your young baby is saying.

## I WANT TO BE NEAR YOU!

- Staring at your face
- Smiling
- Relaxing their face and body
- Following your sounds and movements
- Raising their head

**Tips:** When you see your baby wants to be near you, you should interact and play with them. This is the best time for them to learn. Keep in mind that learning is hard work! Babies can get tired very quickly.



## I'M HUNGRY!

- Sucking on hands
- Opening their mouth wide
- Turning their head
- Making feeding sounds
- Making sucking motions
- Increasing body movements

**Tips:** Crying is also a cue, but it usually comes after some of the other cues. Watching and responding quickly to the earlier cues can help reduce crying.



## I'M FULL!

- Stopping sucking
- Turning the head away from or spitting out the nipple
- Sealing lips together while feeding
- Falling asleep
- Relaxing their body
- Pushing or arching away



## I NEED SOMETHING DIFFERENT!

- Looking or turning away
- Arching their back
- Extending fingers with a stiff hand
- Frowning or having a glazed look
- Yawning or falling asleep

**Tips:** Babies will give you cues when they need a change. Let your baby turn away and have a break. Quiet time is good for both of you. Change the environment. A lot of noise or crowds of people can be very tiring for babies. Stop interactions. Sometimes even siblings can be too much for your baby to handle.



## FOR MORE INFORMATION

Talk to your local WIC agency staff. For contact information, call 515-281-6650, or visit <http://idph.iowa.gov/wic/how-to-apply> or [www.signupwic.com](http://www.signupwic.com).



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