



## Feeding Cues

- A baby starts with subtle nursing cues— eyes moving beneath eyelids, eyelids fluttering before they even open, hands coming toward face, mouth movements.
- Then she adds more obvious ones—rooting toward your chest, whimpering or squeaking.
- If you offer to nurse now, she'll probably take your breast gently and easily
- As her hunger builds, her body and mouth tense. She breathes fast or starts to cry.
- Once she's crying, she'll have a harder time latching. Crying is a late sign of hunger. Calm her down before trying to feed her.
- Breastfeeding is easier if you answer her requests instead of waiting for her demands.
- Don't wait for your breasts to feel full. A full breast has already started to slow down production.
- Offer even if she's not asking, anytime you like.