



IABLE

Institute of the Advancement of
Breastfeeding & Lactation Education

Feeding Cues

State of Hunger	Signs of Hunger
I'm getting hungry and ready to eat. Baby may still be asleep & just stirring. This is a good time to start a feed.	Moving in their sleep. Turning their head (or rooting). Opening their mouths. Licking their lips. Sucking motions & noises.
I'm really ready to eat – feed me! Baby will be alert but not upset. This is a good time to start a feed.	Stretching. Fidgeting more. Bringing fists to their mouths. Sucking on hands, fingers/toes, tongue, lips, or nearby objects.
I'm hangry and upset! Baby will be frustrated. This can be a more difficult time to start a feed. If the baby is too agitated to latch, calm the baby by holding or placing skin to skin. The baby could also be offered a finger or pacifier to suck on before latching.	Crying & fussing. Agitated or frantic. Turning red & angry. Refuses to latch.