



Reading Hunger and Fullness Cues^{13,18}

Handout A2

Pediatricians say that my baby may be feeling hungry if they:

- ☐ Place their hands on their mouth or put their fingers in their mouth
- ☐ Move their mouth like they're sucking or begin making sucking or smacking noises with their lips
- ☐ Clench or tighten their hands and fists over their chest or belly
- ☐ Bend their arms and legs and/or seem fussy
- ☐ Cry. Babies usually use this cue last if they feel like their other cues aren't working.



My baby may be feeling full if they:

- ☐ Begin trying to stop and start eating multiple times during a feeding
- ☐ Spit out the bottle or nipple
- ☐ Seem to be ignoring the bottle or breast
- ☐ Close their mouth
- ☐ Turn their head away from the bottle or breast
- ☐ Begin wiggling in my arms
- ☐ Start acting like they're distracted or not able to focus on feeding
- ☐ Begin eating slowly
- ☐ Fall asleep

