

## EARLY CUES - "I'm hungry"



- Stirring



- Mouth opening



- Turning head
- Seeking/rooting

## MID CUES - "I'm really hungry"



- Stretching



- Increasing physical movement



- Hand to mouth

## LATE CUES - "Calm me, then feed me"



- Crying



- Agitated body movements



- Colour turning red

## Time to calm crying baby

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking

