FEEDING CUES

Learn how to tell when your baby is hungry and full. Feed when your baby is hungry, stop when your baby is full.

Hunger Cues

- Wakes and is restless
- Sucks on fist
- Cries or fusses
- Opens mouth while feeding

Fullness Cues

- Seals lips together
- Turns head away
- Slows down or stops
- Spits out food or falls asleep

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