

understanding your baby's cues



hunger

When your baby is hungry he may:

- keep his hands near his mouth
- bend his arms and legs
- make sucking noises
- pucker his lips
- search for the nipple (root)



Fullness

When your baby is full he may:

- suck slower or stop sucking
- relax his hands and arms
- turn away from the nipple
- push away
- fall asleep



understanding what your newborn is saying



I need something to be different.

Learning is hard work for babies and they can tire quickly. Your baby will show you signs that he needs something to be different.

He might:

- look away, turn away, or arch his back
- frown or have a glazed look in his eyes
- stiffen his hands, arms or legs
- yawn or fall asleep

Responding to cues quickly before your baby starts to fuss may help your baby cry less.

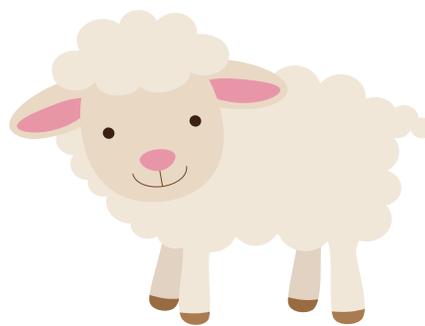


I want to be near you.

As your newborn gets older, you will be better able to tell when he is ready to interact, learn or play.

He might:

- have a relaxed face and body
- follow your voice and face
- reach toward you
- stare at your face
- raise his head



The Oklahoma State Department of Health (OSDH) is an equal opportunity employer. This publication was published by the OSDH as authorized by Terry Cline, PhD, Commissioner. 35,000 copies were printed by University Printing Services in April 2014 at a cost of \$2,270.

USDA is an equal opportunity employer and provider.

This flier was originally developed by the California WIC Program. Source: Kelly, Jean F. PhD; Zuckerman, Tracy PsyD; Rosenblatt, Shira PhD. Promoting First Relationships: A Relationship-Focused Early Intervention Approach. *Infants & Young Children* 2008; 21 (4): 285-295. Source: Hiscock H. The Crying Baby. *Australian Family Physician* 2006; 35: 680-4.