

I'm Hungry!

Get to know your baby's hunger signs

I am hungry when...



I lick my lips



I suck my tongue



I start to fuss



I bring my hands to my mouth



I suck on your knuckles



I turn and open my mouth (my rooting reflex)

Watch for these early signs that your baby is hungry.

I am very hungry when...



I cry

This is my late hunger sign.

I am full when...



I push away



I am relaxed with my arms and hands open

*Healthy babies know when they have had enough.

Expect your baby to show signs of hunger **5 or more** times in the first 24 hours. Then, expect your baby to be hungry **8 or more** times a day, including during the night.

Your baby might feed often over short periods, then sleep for 3 to 4 hours. It is normal. This is called cluster feeding.

*If your baby was born prematurely or has a health condition, they might show different signs of hunger or fullness.

Ask your nurse or lactation consultant for more information on feeding your baby.