

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 am full when...



I cry

This is my late hunger sign.



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.