

EARLY CUES: Babies may **suck on their lips, tongues, fingers, or fists.**

"A sucking baby is probably a hungry baby." - old Alpert Medical School proverb

As the baby gets hungrier, he'll start showing more active signs.

LATER CUES: Babies begin **rooting** around on the chest of whoever is carrying them. They try to position for nursing, either by **lying back** or **pulling on clothes**, or fidgeting or squirming around a lot. They may even start **breathing fast**. This is a warning from baby; if he doesn't get fed soon he's going to explode.

You may also want to look at the baby's hands: hungry babies **clench their fists**, while fed or satisfied babies relax their hands with palms open.

UH-OH CUES: The late stage sign to be on the lookout for – and it's pretty subtle, so this may be difficult – is the baby frantically moving his head back and forth, and **screaming bloody murder**.

We'd like to avoid this sign for many, many reasons, but



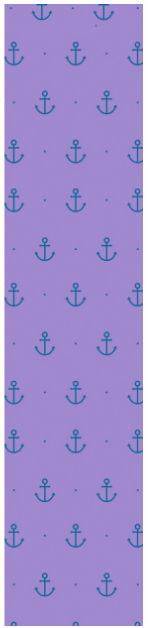


Image 3. Online Screenshot of Breastfeeding Course for Medical Students