

INFANT HUNGER AND FULLNESS CUES

SIGNS OF HUNGER	SIGNS OF FULLNESS
Breastfeeding and Bottle Feeding	Breastfeeding and Bottle Feeding
Wakes and tosses	Releases nipple or stops sucking
Sucks on fist	Moves head away from the nipple
Appears like he or she is going to cry	Slows down speed of sucking or turns away
Cries or fusses (a late sign of hunger)	Seals the lips together
Feeding Solid Foods	Feeding Solid Foods
Opens mouth and moves toward spoon	Turns head away from the spoon
May try to swipe food toward mouth	Spits out familiar food or pushes it away
May nod, point or grab the spoon	Becomes distracted or notices surroundings more