

Signs Your Baby Is Hungry or Full

Now, a Health Minute.

Your baby can't tell you in words when they are hungry or full. But they can let you know through their actions. Crying is one way a baby may tell you they are hungry. But they'll almost always try to communicate it in other ways first.

Watch your baby for these signs of hunger: Smacking or licking lips; Putting their hands in their mouth; Turning their head toward a breast or bottle and opening their mouth; or clenching their hands.

Here are signs your baby may be full: They may: Close their mouth or turn their head away from the breast or bottle; Relax their body and open their fists; Start and stop feeding often; Fall asleep; Or fidget.

Pay attention to how your baby acts. You'll soon learn how to read your baby's cues.