



# Understanding The Infant Cues

Virtual Parenting Hub - Online advice, support, and guidance empowering parents to work through challenges and find solutions.





Let us know the signs  
**that babies give:**

# Engaging Signs

Understanding the infant cues

- Looking at your face
- Smooth movements of arms and legs
- Reaching out to you
- Turning eyes or head towards you
- Smiling
- Feeding sounds
- Cooing
- Babbling/talking
- Eyes wide and bright
- Face bright



# Hunger Signs

Understanding the infant cues

- Crying
- Mouthing
- Rooting
- Hands to mouth
- Sucking movements
- Clenched fingers or tight fist over chest or tummy



# Tired Signs

Understanding the infant cues

It is essential for parents to pick up on the tiredness signs before infant gets overstimulated:

- Yawning
- Staring into the distance
- Jerky movements
- Sucking fingers
- Rubbing eyes
- Losing interest in people and toys
- Crying/fussiness
- Turning head away
- Pulling at the ears





## Toddler Tired Signs

Understanding the infant cues

- Clumsiness
- Clinginess
- Grizzling or crying
- Demands for attention
- Boredom with toys
- Fussiness with food.



## Satisfaction Signs

Understanding the infant cues

- Arching of back
- Pushing away
- Falling asleep
- Open arms at side of body
- Open or relaxed fingers