



# Parenting Genie Baby Cues/Signs Journal

Discover the uniqueness of your child through their cues and signs. Tick a box for each observed sign and the subsequent action. A week of attentive tracking in this journal can greatly enhance your parenting journey.

## Sleepiness Cues:

Date

Time

Notes

- ☐ Yawning
- ☐ Rubbing eyes
- ☐ Gaze aversion
- ☐ Decreased activity
- ☐ Fussiness

## Hunger Cues:

Date

Time

Notes

- ☐ Rooting (turning head to find breast or bottle)
- ☐ Lip smacking
- ☐ Sucking on fists or fingers
- ☐ Nuzzling or searching for the nipple
- ☐ Increased alertness

## Engagement Cues:

Date

Time

Notes

- ☐ Smiling
- ☐ Making eye contact
- ☐ Coos or gurgles
- ☐ Reaching for objects or people
- ☐ Active body movements

## Discomfort Cues:

Date

Time

Notes

- ☐ Arching back
- ☐ Clenched fists
- ☐ Grimacing or frowning
- ☐ Squirming or restlessness
- ☐ Crying



Parenting Genie  
A-Z of Parenthood!

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## Tiredness Cues:

Date

Time

Notes

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Staring into space     |  |  |  |
| <input type="checkbox"/> Decreased interaction  |  |  |  |
| <input type="checkbox"/> Irritability           |  |  |  |
| <input type="checkbox"/> Grizzling              |  |  |  |
| <input type="checkbox"/> Flattening of eyebrows |  |  |  |

## Summary

