

# 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