

I was happy when I brought my baby home, but I was scared, too. How would I ever figure out what she needed? How would I know what to do?

What your baby is telling you

Babies don't have wants. They only have needs. When you respond to your baby, you are not spoiling her. You are giving her what she needs to grow and be well.

Your baby can't talk yet, but she has ways to let you know what she needs. These are called "cues."

Pay attention to your baby. You'll soon begin to understand her cues and see what she's telling you.

Your baby is telling you, "I'm hungry," by:

- Holding hands or fists over her chest
- Sucking on her fingers or fist
- Turning toward your body with her mouth open
- Smacking her lips
- Sticking out her tongue
- Making sucking sounds
- Crying

Your baby is telling you, "I'm full," by:

- Turning away
- Closing her mouth
- Falling asleep
- Relaxing her hands and arms



Loving Care



Birth to 6 Months

2010


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