Your Baby Will Tell You When:

I Need Something to Be Different

Learning is hard work for babies and they can tire quickly. Your baby will show you signs that he needs something to be different.

He might:
- Look away, turn away, or arch his back
- Frown or have a glazed look in his eyes
- Stiffen his hands, arms or legs
- Yawn or fall asleep

What Should I Do if My Baby Needs Something to Be Different?

When your baby gives you cues that she is overwhelmed, give her a break. You may want to:

- Turn her away or stop the activity.
- Change the environment. People or noises can be very tiring for babies. Move her away from the noise and wait until she is ready to interact again.
- Lay her down for a nap if she is tired. Quiet time is good for both of you!
- Show siblings how the baby lets them know when she needs a break.

Newborns may also be sensitive to what’s going on inside their bodies. Some babies may be fussy right after feeding. Be patient, your baby may need to burp, pass gas or poop.
**Understanding Your Baby’s Cues**

**1** Babies are born with the ability to communicate. They use their bodies and make noises to let you know when they need to eat, learn, plan or rest. These are called cues.

**2** Newborns are still learning to control their bodies. Sometimes their cues are hard to understand. Watching your baby will help you learn what she needs.

**3** With practice, your baby will get better at giving cues and you will get better at responding to them.

**4** By responding quickly to your baby’s cues, you will learn to communicate with each other. She will develop confidence that her world is safe and secure.

**When Your Baby is Hungry**

Babies need to be fed often, especially newborns. Babies usually give several hunger cues at one time. For example, your baby may suck on his hand, root, and make sucking noises all at once. Watching and responding to hunger cues can help prevent some crying.

**Hunger**
- Suck on his hands or wrist
- Bend his arms and legs
- Make sucking noises
- Move his mouth or tongue
- Search for the nipple (root)
- Be more alert

**Fullness**
- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep

**When Your Baby is Full He May:**
- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep

**Your Baby Will Tell You When:**

**I Am Ready to Interact, Learn and Play**

As your newborn gets older, you will be better able to tell when he is ready to interact, learn or play.

He might:
- Have a relaxed face and body
- Follow your voice and face
- Reach toward you
- Stare at your face
- Raise his head