

HUNGER AND FULLNESS- BABY TALK

Put a next to the ways that your baby communicates about food

	“I’M HUNGRY, FEED ME”	“I’M FULL AND READY TO STOP”
BIRTH – 5 MONTHS	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Cries <input type="checkbox"/> Fusses <input type="checkbox"/> Wakes & Tosses <input type="checkbox"/> Sucks on fists <input type="checkbox"/> Opens mouth 	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Seals lips <input type="checkbox"/> Turns head away <input type="checkbox"/> Decreases sucking <input type="checkbox"/> Stops sucking <input type="checkbox"/> Spits out the nipple <input type="checkbox"/> Falls asleep
4 – 6 MONTHS	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Cries <input type="checkbox"/> Fusses <input type="checkbox"/> Smiles during feeding <input type="checkbox"/> Gazes at me during feeding <input type="checkbox"/> Moves head towards food <input type="checkbox"/> Tries to swipe food towards mouth 	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Decreases sucking <input type="checkbox"/> Stops sucking <input type="checkbox"/> Spits out the nipple <input type="checkbox"/> Turns head away <input type="checkbox"/> Gets distracted <input type="checkbox"/> Stops paying attention to feeding
5 – 9 MONTHS	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Reaches for the spoon or food <input type="checkbox"/> Points to food 	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Slows down when eating <input type="checkbox"/> Pushes food away
8 – 11 MONTHS	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Reaches for food <input type="checkbox"/> Points to food <input type="checkbox"/> Gets excited when food is seen 	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Slows down eating <input type="checkbox"/> Closes mouth tightly <input type="checkbox"/> Pushes food away
10 – 12 MONTHS	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Makes words or sounds to show wanting specific foods 	I’ve noticed my baby... <ul style="list-style-type: none"> <input type="checkbox"/> Shakes head to say “no more”