Paying attention to hunger cues sets your child up for a healthy relationship with food for life.

- Make sure your child is comfortable and limit interruptions when they eat.
- Focus on being loving during feeding time.
- Watch your child for signs of hunger or fullness.
- Stop feeding your child as soon as you see a sign of fullness.

### SIGNS OF HUNGER

**When your child is having human milk or formula during the first 4 months, look for:**
- Putting their hand in their mouth.
- Sucking or rooting (your baby turning their head towards their food).
- Fussing.

**When your child is having solid foods, look for:**
- Leaning toward food and opening their mouth.
- Getting excited when they see food.
- Staring and looking at food.

### SIGNS OF FULLNESS

**When your child is having human milk or formula, look for:**
- Turning away from their food.
- Closing their mouth.
- Relaxing their arms and hands.
- Leaning back.

**When your child is having solid foods, look for:**
- Spitting out or pushing food away.
- Fidgeting or looking at other things.
- Closing mouth when food is offered.
- Turning their head away from food.
- Playing with their food.