

Signs of Hunger

These are signs of hunger that baby may display. You can continue with the massage if baby shows signs of hunger. However, stop the massage if baby becomes agitated. Feed baby and finish up the massage after the feeding.

Mouthing

Mouth moves open and closed and baby sucks on their tongue.

Baby swipes at mouth (failing to put hand in mouth).



Rooting

Baby turns towards you and uses sucking motion after you brush their cheek with your hand.



Hand to Mouth

Baby puts their hand into their mouth or touches their mouth.



Crying

Crying can sometimes be a sign of hunger.



Sucking on Hand

Baby gets their hand into their mouth and starts sucking on their hand. Baby will start to suck like they want milk.



Increased Movement

Baby moves during a diaper change or when placed in a new position.



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