

I'm starting to get hungry now

Signs of hunger in babies



Poster

I'm starting to get hungry now

As soon as your baby is born, he'll show you what he wants through sounds and movements. Maybe you will recognise some of these signs? Enabling you to respond promptly.

If he's not hungry, he might just want to be close to you and cuddle. Give that a try. Over time, you'll become better and better at interpreting your child's signs.



He'll start to make searching movements with his head and mouth.



He'll move his hand towards his mouth. Maybe he'll make soft sounds, sighs or smack his lips.



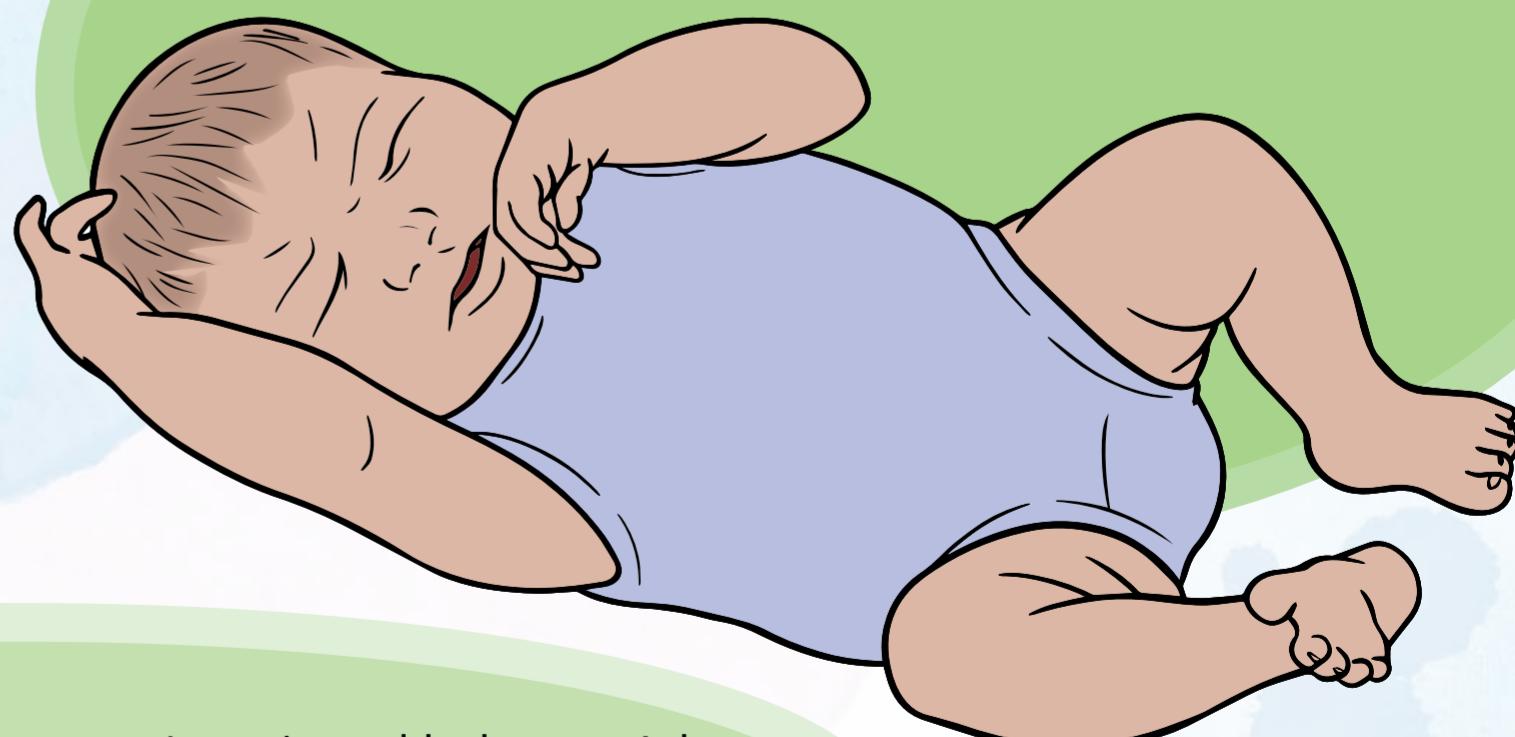
Baby is awake, blinking or rolling his eyes.



Baby is sucking his fingers.



Now it's obvious: baby is restless, kicking and moving his arms. His body is tensed up a lot or his brow is furrowed.



Crying can be a late sign of hunger. An agitated baby won't be able to feed properly. So try to calm him down first. That will make latching on or feeding easier.



Breastfeeding Basics – practical information and support for parents

Breastfeeding Basics are aimed at anyone who works with families on a professional or voluntary basis with breastfeeding being a frequent or occasional topic cropping up.

It provides quality-controlled basic information on breastfeeding – with practical tips on common breastfeeding situations and on feeding babies, especially during the first few months of life.



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The best food for babies

Nutrition for babies is one of the most important topics for parents. And rightly so. Because the foundations for a healthy life are already set in the first year. The compact information provides a comprehensive overview of baby food from birth.

Legal notices

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