



# What is My Baby Telling Me

## Go cues:

- Your baby wants to play and interact or continue with the feeding.

## Ways to respond to Go Cues during feedings:

- Smile at your baby.
- Look into your baby's eyes as you talk to him.
- Kiss, pat and hug your baby.
- Praise your baby.
- Talk to your baby.
- When your baby talks to you with his sounds, talk back to him.



*Look for groups of cues  
to understand  
what your baby might be  
telling you.*



## Stop cues:

- Your baby needs a short break or is full and does not want to eat anymore.

## Ways to respond to Stop Cues during feeding.

- Let your baby take a break from feeding for a few moments. Turn off TV or stereo to make mealtime less distracting.
- Try changing your baby's position if she is fussy.
- Calm your baby with a quiet voice or gentle touch.



## Baby Sign Language:

- By about 8 months, some babies will start using baby sign language or gestures to communicate.
  - Help your baby learn signs for “more,” “drink,” “eat,” and “all done.”
  - To teach your baby about baby signs, make the sign and say the word at the same time. It may take months of watching you before your baby uses a sign.

