



## Hunger Cues

### 宝宝的饥饿信号

Babies show several cues in readiness for breastfeeding. Tuning into your baby's cues will make your feeding more successful and satisfying for both your baby and for you. Your baby does not have to cry to let you know he is hungry. Crying is the last hunger cue!

宝宝想要吃奶的时候会有一些信号表示。了解宝宝的饥饿信号会使你的母乳喂养更加成功，也能使你和宝宝都满意。注意宝宝的饥饿信号，别等宝宝哭闹的时候才喂奶，因为，宝宝哭闹是他发出的最后饥饿信号。

Awakening

Soft sounds

Mouthing (licking lips, sticking tongue out)

Rooting towards the breast (turning the head and opening the mouth)

Hand to mouth activity

Crying, beginning softly and gradually growing in intensity

以下是宝宝的几种饥饿信号：

1. 睡觉醒来
2. 发出细小柔和的声音
3. 嘴部的动作（舔嘴唇，伸舌头）
4. 寻找妈妈的乳房（转头并张嘴）
5. 把手伸进嘴里
6. 小声哭闹，逐渐变大声





Try to catch your baby's feeding cues early in the cycle – avoid crying – and begin breastfeeding! 妈妈们请注意宝宝早期饥饿信号，就尽早开始喂奶，不要等宝宝哭闹时才喂奶。

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Handout provided for you by Lactation Education Resources

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