



Waking for Comfort or Hunger?



HUNGER

- -Several hours since the last feeding
- -Baby is rooting, chewing on hands or fists
- -Feeds hungrily, takes the entire feeding
- -Goes back to sleep after the feeding
- -Sleeps a long stretch before waking (closer to early morning)
- -Is content after the feeding

COMFORT

- -Wants to feed frequently
- - Doesn't act interested in eating
- -Suckles just a little, falls asleep, but wakes when you try to lay him down
- -Wakes more often to feed at night than day
- -has to be completely asleep to lay down
- -pushes the bottle away

Baby Sleep Cues



- Frowning
- Acting uncomfortable
- Rubbing Eyes
- Rubbing or Pulling @ ears
- Rubbing face on clothes, shoulders, blankets
- Grunting
- Whining soft cries that escalate if not attended to
- Fist to mouth or eyes
- Glassy eyes
- "Million Mile Stare"
- Unfocused
- Uncoordinated
- Can't reach for things
- Stumbles when walks
- Bumps into things
- Falls down
- Wants a feeding but won't eat
- Needs comfort
- Crying
- Stop looking @ objects or people
- Disengage