

嬰兒肚餓的信號

Baby feeding cues (signs)

我餓了！ Early Cues - "I'm Hungry"



躍躍欲動
Stirring



張開嘴巴
Mouth opening



轉頭，覓食
Turning head, seeking / rooting

我很餓了！ Mid Cues - "I'm really hungry"



伸展手腳
Stretching



手舞足蹈
Increasing physical movement



伸手入口
Hand to mouth

我餓透了！先安撫我，然後餵食！ Late Cues - "Calm me, then feed me!"



大聲哭鬧
Crying



煩躁扭動
Agitated body movements



滿面通紅
Colour turning red

先安撫，後餵哺： Time to calm crying baby

- 抱入懷中 Cuddling
- 肌膚接觸 Skin-to-skin on chest
- 跟他說話 Talking
- 輕撫寶寶 Stroking

