

Decoding Common Body Language Cues In Babies



I am hungry

- Turning towards breasts or bottle
- Making sucking sounds

I am tired

- Disinterested in playing
- Yawning or staring at a distance



I need a break

- Squirming or kicking legs
- Avoiding eye contact



I want to play

- Smiling, making eye contact
- Smooth movements, trying to reach you/toys



I am unwell

- Not interested in feeding, sleeping, or activities
- Seeming uncomfortable or crying constantly

References

1. Baby cues and baby body language: a guide; Raising Children Network
2. Communication and Your Newborn; Nemours