

Lesson: Feeding Cues 0-1 year

Estimated Time:	15 minutes
Audience:	WIC Participants
Overview:	Upon completion of the class, participants will understand feeding cues for infants 0-1 year of age.
Objectives:	<p>Upon completion of the class, participants will be able to:</p> <ul style="list-style-type: none"> • Recognize 1-3 hunger cues • Recognize 1-3 fullness cues • Recognize 1-3 reasons for crying
Introduction:	<p>Welcome and congratulations to each of you on the birth of your baby! Today's class is about infant feeding cues.</p> <p>By a show of hands, how many of you are parents for the first time? How many of you have other children? Who here is having a hard time learning their baby's language? <i>(let participants raise hands, voice concerns, affirm responses)</i></p> <p>Learning to speak the language of a baby can be tough! Babies talk by the way they move and make sounds. These are called cues.</p> <p>By the end of this class you will be able to recognize when your baby is hungry, recognize when your baby is full and understand what your baby might be asking for if they are not hungry.</p>
Hunger Cues	<p>From birth to age 5 months a baby may do many things to tell you that they are hungry or full.</p> <p>Who here would like to share one way your baby lets you know they are hungry? <i>(let participants answer, affirm responses) (refer to appendix A)</i></p> <p>Hunger talk may include:</p> <ul style="list-style-type: none"> • Hands to mouth or face • Clenched fists • Sucking motions and noises • Turning their head and opening their mouth • Being alert and active
Missing Feeding Cues	When a baby is really hungry they may start to fidget, fuss and squirm. Crying may mean that the feeding cue has been missed. This may make it harder to start a feeding.

<p>Fullness Cues</p>	<p>What about fullness cues? Who here would like to share one way your baby lets you know they are full? <i>(let participant answer, affirm responses)</i></p> <p>If a baby is sealing their lips together, turning their head away or spitting out the nipple, they may be telling you they are full.</p> <p>Other signs of fullness may include:</p> <ul style="list-style-type: none"> • Falling asleep • Relaxed hands and arms • Suck slower or stop sucking <p><i>*While discussing fullness cues, demonstrate them using your body and hands.</i></p> <p><i>*If participants have complicated feeding issues or problems advise them to discuss concerns with a breastfeeding peer counselor or IBCLC.</i></p>
<p>Activity</p>	<p><i>* show graphic of infant with fist to their mouth (refer to appendix B)</i></p> <p>What do you think this baby is saying?</p> <p>Correct! This baby is telling you they are hungry. You can tell by how their hand is clenched and close to their mouth.</p>
<p>Crying</p>	<p>Let's talk a little bit about our favorite cue, crying! Crying does not always mean that a baby is hungry.</p> <p>What other needs do you think your baby may be asking for if they are crying?</p> <p>A baby might cry if they are:</p> <ul style="list-style-type: none"> • Too hot or cold • Lonely or tired • Upset by too much noise or too bright of lights • Have a wet or dirty diaper • Clothes are too tight <p>As a parent, you will have to figure out what your baby needs. When your baby starts to get fussy, look to see what's going on around them. Remember, it takes time to learn your baby's language.</p>
<p>Crying and Hunger Signs</p>	<p>If a baby is crying and you think they might be hungry, look for other hunger signs.</p> <p>Who can tell me what a hunger cue may look like? <i>(let participants answer/affirm answers)</i></p> <p>Correct! Other signs may be a fist in the mouth or head turning with a wide mouth.</p>

	Be patient, crying will decrease as a baby gets older!
Best Time to Initiate a Feeding	<p>When is the best time to initiate a feeding? Can anyone share their experience? <i>(let participants answer / affirm answers)</i></p> <p>The best time to initiate a feeding is when a baby is coming out of sleep. When their eyes are slightly open and you can see their eyes moving back and forth, try positioning them for a feeding.</p>
4-6 Months Hunger/ Fullness Cues	<p>Let's talk about what happens when a baby gets to be 4-6 months old. At 4-6 months a baby starts to sit up with support and hold their head steady.</p> <p>Then hunger and fullness cues will be a little different.</p> <p>If they are hungry they might:</p> <ul style="list-style-type: none"> • Smile or gaze at their caregiver • Move their head with more control towards the nipple <p>If they are full they might:</p> <ul style="list-style-type: none"> • Decrease rate of sucking • Become distracted and pay attention to other things
6-12 Months Hunger/ Fullness Cues	<p>Between 6-12 months feeding is easier!</p> <ul style="list-style-type: none"> • Babies start to reach for their spoon or cup, point to food and get excited! • They will also show fullness by eating slower, pushing food away and shaking their head no.
Activity	<p>Let's look at the babies in the room. Are any of the babies showing cues that they hungry or full or need something to be different? <i>(Let participants respond)</i></p> <p>If babies are showing cues ask:</p> <ul style="list-style-type: none"> • What do you see this baby doing? • What do you think they are trying to tell you?
One Year Old Feeding Cues	<p>Let's talk now about one year olds. Many new parents ask us, what will my baby eat when they turn one?</p> <p>Here is a peak into the future. At one year of age, a child is eating table foods that are cut into small pieces. They have tiny tummies and can easily be distracted, so they might not always tell you they are hungry and full.</p>
Golden Rules	<p>There are 4 golden rules to feeding a one year old.</p> <ol style="list-style-type: none"> 1. Offer 3 meals and 2-3 snacks at the same time every day. 2. If a child rejects a meal, it's okay, offer a snack an hour later. 3. If a child is picky, keep trying! Make food attractive and fun. 4. Be a positive role model. Your child likes to eat what you eat!

Feeding Responsibilities	Remember! <ul style="list-style-type: none"> • A parent's job is to provide healthy meals and snacks throughout the day. • A child's job is to choose what and how much they eat.
Questions	What is one thing we talked about today that you want to remember? <i>(let participants answer/affirm answers)</i> What other questions do you have? <i>(let participants answer/affirm answers)</i>
Handouts	Infant Hunger / Fullness Bookmark
Evaluation	Group Class: Feeding Cues Post Test Individual Education: Quiz participant on objectives or use feeding cue post test
Documentation	Group Class: Choose Group Education Contact- WICSmart: Feeding Cues Individual Education: Choose individual contact: (I) Diet and Nutrition For Infants (1.05) Developmental stages: infant feeding

Adapted from:

1. DC WIC: WICSmart Feeding Cues lesson
2. California WIC: Early Infancy: Understanding Your Baby's Cues Lesson

Appendix A:



Appendix B:



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