

# Signs Your Child is Hungry or Full

Even before your child can talk, he or she will show signs of hunger or fullness by using sounds and movements.

## Birth to 5 Months Old

Your child may be **hungry** if he or she:

- Puts hands to mouth.
- Turns head towards breast or bottle.
- Puckers, smacks, or licks lips.
- Has clenched hands.



Your child may be **full** if he or she:

- Closes mouth.
- Turns head away from breast or bottle.
- Relaxes hands.

SOURCE: CDC.GOV