

# 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.

## 6 to 23 Months Old

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

- Reaches for or points to food.
- Opens his or her mouth when offered a spoon or food.
- Gets excited when he or she sees food.
- Uses hand motions or makes sounds to let you know he or she is still hungry.



Your child may be full if he or she:

- Pushes food away.
- Closes his or her mouth when food is offered.
- Turns his or her head away from food.
- Uses hand motions or makes sounds to let you know he or she is full.



SOURCE: CDC.GOV