Tips for Parents

If your baby is showing signs of hunger, feed your baby. If your baby is crying but not showing other things that mean they are hungry, you should probably look for something else to soothe your baby. Possibly baby has a wet diaper or is overstimulated and needs some quiet time.

Just like other cues, babies are born with the ability to tell us when they are hungry and when they are full. We just have to learn those cues.

Once your baby shows signs he is full, stop feeding your baby. Don’t try to feed your baby more than he wants. When a bottle is put in a baby’s mouth, the bottle drips automatically, so they have to suck and swallow or they will choke.

When your baby tells you he is full and you stop feeding your baby, your baby learns to listen to his body. This can help your baby, as he grows from childhood to adulthood. He will then pay attention to the cues that tell him he is full and he should stop eating.