

# Baby Clues

**Parents want to know what their babies need. Babies are good at showing their Moms and Dads what they want. The way babies move and sound can be clues to what they need.**

There are clues to show you that your baby needs you and there are clues to show you that your baby needs something else.

**“I want to be near you clues”** show you that your baby wants to play or eat. Your baby will stare at your face, smile, and follow your voice with his eyes.

**“I need a break clues”** show you that your baby needs a break. Your baby might need a break if she is bored, tired, or not comfortable. You can tell it is time for a break if your baby looks away a lot, starts to cry, puts her hands to her ears, or frowns at you.

# Using Baby Clues

**Your baby is giving you all the signs of wanting to be near you. Now what?**



- \* Now is a great time to play with your baby.
- \* It is the best time for your baby to learn, play, or feed

**Learning is hard for babies and they get tired very easily!**

**You know your baby needs a break. What does that mean?**

Your baby needs a break. Try to change what is going on around them. Sometimes it is too loud for babies and they need to be held somewhere quiet.



- \* Repeat sounds and movements to calm your baby down.
- \* Change your voice and movement to wake your baby.