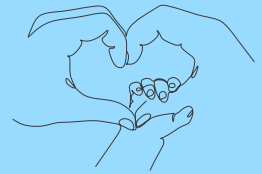


your baby's guide to happy & safe feeding

# READ MY CUES



## Understanding the Stoplight System

Think of using a traffic light to guide you. Your baby gives you signals that tell you when it's a good time to go, when to slow down and check in, and when it's time to stop. Learning these 3 color cues is the secret to a successful feeding.

### Green Light: "I'm Ready! Let's Go!"

The Green light means your baby is settled, awake & showing **HUNGER CUES**. This is the best time to start, as they are calm and focused.

<b>Alertness</b>	Awake, quiet, searching; sometimes awake and crying (if cries are not frantic).
<b>Body/Head</b>	Bringing hands to mouth, rooting (turning head & opening mouth looking for the nipple).
<b>Activity</b>	Taking a pacifier easily, and having stable vital signs.

### Yellow Light: "Hold On! I Need Help Here."

The Yellow Light means your baby is becoming stressed, overwhelmed, or disorganized. This is a **STRESS CUE** and it means, "Hold on, I need a break or an adjustment."

Action: If you see a Yellow Light, stop the flow of milk, gently reposition your baby or take a short break.

<b>Alertness</b>	Starting to fall asleep or becoming suddenly irritable.
<b>Body/Head</b>	Head bobbing up and down, pulling chin/neck muscles (increased work of breathing), or shrugging away.
<b>Face</b>	Eyebrows raised, furrowed brow, or changes in color around the mouth or eyes.
<b>Sucking/ Breathing</b>	Changes in breathing pattern, disorganized sucking, drooling, gulping, gurgling, choking or coughing.

### Red Light: "Stop! I'm Not Ready or I'm Finished!"

The Red Light means feeding needs to stop now, either because your baby is not interested, is completely disorganized, or they have finished the feeding. This is a **DISENGAGEMENT CUE**.

Action: If you see a Red Light, end the feeding immediately and allow your baby time to recover & settle.

<b>Alertness</b>	No active rooting or sucking, inability to re-orient or re-alert (hard to wake up).
<b>Body/Head</b>	Pulling head away from the nipple, shrugging away from nipple, pushing the nipple out of mouth.
<b>Activity</b>	Pushing the bottle away with hands, bradycardia (slowed heart rate), or apnea (pauses in breathing).