

Hunger and Satiety Signals

Age	Hunger Signals	Satiety Signals
Birth to 4 months	<ul style="list-style-type: none">▪ Wakes and fusses▪ Brings hands to face▪ Sucks on fist▪ Cries or fusses▪ Roots▪ Opens mouth to indicate wanting more	<ul style="list-style-type: none">▪ Slows or decreases sucking▪ Seals lips together▪ Turns head away▪ Pushes/arches away▪ Spits out nipple or falls asleep when full
4 to 8 months	<ul style="list-style-type: none">▪ Cries or fusses▪ Smiles, gazes at caregiver or coos during feeding to indicate wanting more▪ Moves head toward spoon or tries to swipe food towards mouth	<ul style="list-style-type: none">▪ Releases or spits out nipple▪ Seals lips together▪ May be distracted or pays more attention to surroundings▪ Turns head away from food
8 to 12 months	<ul style="list-style-type: none">▪ Reaches for spoon or food▪ Points to food▪ Gets excited when food is presented▪ Expresses desire for specific food with words or sounds	<ul style="list-style-type: none">▪ Eating slows down▪ Clenches mouth shut▪ Pushes food away▪ Shakes head to say “no more”
1 to 2 years	<ul style="list-style-type: none">▪ Uses phrases or gestures, leads parent or points to desired food or drink	<ul style="list-style-type: none">▪ Uses words like “all done” or “get down”▪ Plays with or throws food when full