

Baby and toddler cues: in pictures

Baby cues: 'I want attention'



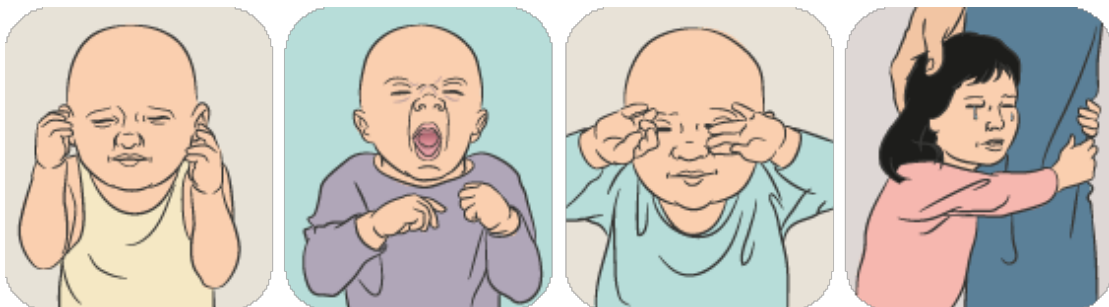
Eye contact is one of the ways your baby tells you he wants your attention. Turning his head and eyes towards you or reaching out to you are other baby cues that show he wants your attention.

Baby cues: 'I need a break or a change of activity'



If your baby turns her head away, arches her back or cries, she's telling you she needs a break or a change of activity. Try putting your baby **on the floor to play, or into bed if it's time for sleep.**

Baby tired signs



If your baby is yawning, rubbing his eyes or jerking his arms or legs, he's showing tired signs. Toddlers and older babies might grizzle, cry and demand attention. **Try giving your child some quiet time in bed** to help him settle to sleep.