

How Do I Know How Much to Feed My Baby?



Signs Your Child is ★ Hungry or ♥ Full

★ Hungry



Birth ▶ 5 months

- ★ Put hands to mouth
- ★ Turn head towards breast or bottle
- ★ Pucker, smack or lick lips
- ★ Has clenched hands

6 months ▶ 23 months

- ★ Reach for or point to food
- ★ Open their mouth when offered a spoon or food
- ★ Get excited when they see food
- ★ Use hand motions or make sounds to let you know they are still hungry

♥ Full



Birth ▶ 5 months

- ♥ Close their mouth
- ♥ Turn head away from breast or bottle
- ♥ Release hands
- ♥ Push food away

6 months ▶ 23 months

- ♥ Close their mouth when food is offered
- ♥ Turn their head away from food
- ♥ Use hand motions or makes sounds to let you know they are full



Table adapted from the 2020-2025
Dietary Guidelines for Americans.

