



## Sleepy cues

Being able to identify your baby's unique sleepy cues will become your super power. They are something parents learn for each child and spotting them early can help avoid over tiredness, baby being wired, unsettled, overstimulated, fractious & grumpy.

These cues are verbal and non-verbal and can be displayed in any order and not all signs will be displayed:

- Yawning
- Eyelids fluttering
- Heavy eyelids
- Staring unfocused
- Less vocal
- Closing fists
- Rubbing eyes/face
- Pulling at ears
- Sucking fingers/thumb
- Making jerky movements
- Frowning or looking worried
- Clingy
- Grizzling or crying
- Wanting attention
- Fussing when stimulation offered
- If feeding – sucking is slower

You are the expert & know your baby best. Usually baby gives around 3 signs before they are super tired. Spotting these signs early on responding and putting baby down for their sleep whilst they are awake and tired is perfect.