Baby and toddler cues

Baby cues: ‘I want attention’

Eye contact is one of the ways your baby tells you he wants your attention.

Turning her head and eyes towards you show she wants your attention.

Reaching out is another cue that shows your baby wants your attention.

Baby cues: ‘I need a break or a change of activity’

If your baby turns her head away she’s telling you she needs a break or a change of activity.

Arching his back or crying is another way your baby shows she needs a break.

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.