Baby cues: break

This is a transcript of the Raising Children Network video available at https://raisingchildren.net.au/babies/behaviour/crying/baby-cues.

Narrator: As babies get a bit older, over four months, they might have a bit of a play after their feed and then look for a change of pace or maybe a change of activity, but at this age they won't always want a nap. Little babies under three months will probably just be tired and want to go off to sleep.

[On screen text: I need a break
  • Looking away or turning head away
  • Squirming or kicking]

When your baby needs a break from what she’s doing, she might give signs such as looking away or turning her head away, squirming or kicking.

Now let’s see what those cues look like in real babies.

[Turning head away; squirming or kicking]

Person 2 Where’s your ear? Your ear?

Person 1 Your baby might need to stop playing or want you to stop holding him. If you keep going when your baby tries to tell you to stop, he might get upset and start thrashing around or fussing and crying.