

Baby sign language – your baby's trying to tell you something

From the moment they're born your baby has a lot to say. Whether they're crying when they're hungry, or holding up their arms to be picked up, they've got ways to get their message across. Here are a few baby signs for you to keep in mind.

- ✧ Find out if baby's tired. Look out for a slow build-up of grunt-like cries and rubbing eyes.
- ✧ Work out if they're in pain. Often signalled with a sudden high-pitched shriek followed by a big breath and another shriek.
- ✧ Find out if it's colic. Watch out for regular inconsolable crying in the late afternoon or evening for up to a few hours. Their face may become flushed, scrunched up and they may clench their fists, draw their knees up to their tummy, or arch their back.
- ✧ Could baby be angry? Look out for loud crying while going red in the face.
- ✧ Remember they might feel ignored. Yelling and shouting could be a hint.
- ✧ Keep an eye out for fear. Baby may freeze on the spot.
- ✧ Find out if they're hungry. They might be hunting for the breast or fidgeting and sucking fingers, your shoulders, or even your face.
- ✧ Remember they're learning to talk. Regular babbling means they probably just want a chin wag.
- ✧ See if they want something. Once they learn to point they may get good at giving instructions.
- ✧ Find out if they just want a cuddle. Baby will soon start to raise their arms to let you know.



- ✧ See if they want to play. Hiding their face behind their hands could be a good time for peekaboo.
- ✧ Look out for your baby's content face. You'll probably see an angelic little face smiling back at you.

