

Tahukah Awda?

Tanda-tanda anak damit ingin menyusu

Tanda awal - "Saya lapar"



Bergerak



Membuka mulut



Menggerakkan kepala
ke kiri dan ke kanan

Tanda-tanda pertengahan - "Saya sangat lapar!"



Menguliat/
merenggangkan
anggota badan



Pergerakan fizikal



Menghisap jari

Tahukah Awda?

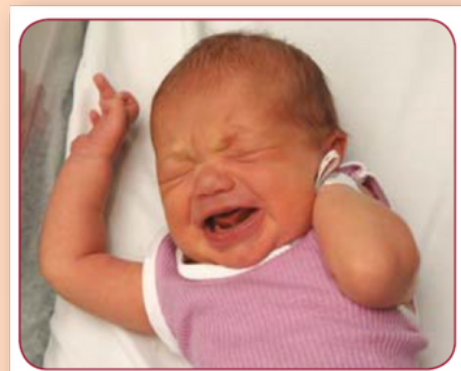
Tanda lewat - "Tenangkan saya dahulu sebelum menyusukan"



Menangis



Gelisah dan marah



Muka menjadi merah, menangis (menala)

Penting!

Susu ibu mudah dihadam dan diserap, jadi tidak hairanlah jika anak damit akan menyusu lebih kerap.

JANGAN tunggu isyarat lewat!

Susukan anak damit **sekurang-kurangnya**
8 - 12 kali

Did You Know?

Baby Feeding Cues

Early Cues - "I'm Hungry"



Stirring



Mouth Opening



Turning Head Seeking/
Rooting

Early Cues - "I'm Really Hungry"



Stretching



Increased Physical
Movement



Hand to Mouth



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Did You Know?

Late Cues - "Calm me, then feed me"



Crying



Agitated Body
Movements



Face Turning Red

Important!

Breastmilk is easily digested and absorbed, so it's not surprising that baby will demand more frequent feedings.

DO NOT wait for late cues!

Feed baby at **least 8 - 12 times in 24 hours**



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