

BABY CUES DIARY [under 4 months]

Baby's name:

Baby's age:

Date:

Your baby might give cues that can help you understand what's going on and how to respond. All babies are different, and each baby will develop his own mix of signs – they might not be very obvious so don't be too hard on yourself if you are having trouble working out what your baby needs. Use this diary to write down what you notice about your baby's cues.

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Hungry				
Sucking noises				
Opening mouth wide / Turning mouth towards chest				

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Ready to play				
Eyes wide and bright				
Studying your face and making eye contact				
Smiling				
Moving her arms and legs smoothly				

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Ready to play				
Reaching out to you				
Babbling and cooing				
Sleepy				
Staring into the distance				
Jerky movements of arms or legs				

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Sleepy				
Arching back				
Eye-rubbing or yawning				
Fussing or whining, which keeps getting louder				
Clenching fists				

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Sleepy				
Frowning				
Sucking on fingers				
Grizzling				
Not letting you distract them				

Cue	Does your baby do this?	What do you try?	How does baby react?	Notes
Sleepy				
Losing interest in people and toys				

NOTES
