

Baby cues

'I want attention'



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



Turning his **head and eyes towards you** or reaching out to you are other ways he shows that he wants your attention.



'I need a break or a change of activity'



If your baby turns her head away, arches her back or cries, she's telling you she needs a break or a change of activity. Try putting your baby **on the floor to play, or into bed**.

'I'm tired'



If your baby is pulling at his ears, yawning or rubbing his eyes, 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.