Infants and young toddlers use their body to communicate needs and wants. This handout addresses four common messages they may be sharing with you. Try to extend your awareness by noticing and responding to other key messages infants and young toddlers are communicating with their body language, sounds, and expressions (I’m thirsty, I’m bored, I’m scared, I’m hot or cold, I want a hug).

<table>
<thead>
<tr>
<th>Photos</th>
<th>Initial cues</th>
<th>Communication</th>
<th>When cues are ignored</th>
</tr>
</thead>
</table>
| ![Image](image) | • bright and wide eyes  
• round mouth as if to coo  
• cooing  
• eye contact  
• smiles  
• smooth movements | I want to play       | fussing and crying              |
| ![Image](image) | • rooting  
• sucking noises  
• mouthing fists  
• sucking on fingers | I’m hungry           | fussing and crying              |
| ![Image](image) | • becoming quiet or still  
• less interest in people and toys  
• yawning  
• frowning  
• clenching fists  
• rubbing eyes  
• jerky movements | I’m tired            | fussing and crying              |
| ![Image](image) | • looking away  
• turning head away  
• frowning  
• yawning  
• wrinkling forehead  
• squirming  
• kicking  
• hands up in a stop motion | I’m overwhelmed      | fussing and crying              |