NURTURE NEUROSCIENCE

Tired Cues Guide

Early cues

Red eyebrows
Averts eye contact
Turns head
Blank staring

Tired cues

Yawning
Eye rubbing
Pulling on ears/hair
Sucking fingers
Fussy mood
Seeking hugs
Clumsiness

Late tired cues

Intense crying
Arched back
Hands in fist

Late tired cues

Arched back
Emotional
Hyperactive