

# INFANT STATES

BIRTH to 6 MONTHS



## CRYING

- Tears
- Jerky movements
- Color changes
- Muscle tension
- Rapid breathing
- Generally doesn't respond quickly



## IRRITABLE

- Lots of movement
- Irregular breathing
- Eyes open, but not focused
- Sometimes fussy
- Sensitive to body and surroundings
- Common before feeding



## QUIET ALERT

- Little body movement
- Eyes wide open
- Steady, regular breathing
- Very responsive
- Wants to play and interact
- Requires energy and can make babies tired



## DROWSY

- Variable movement
- Irregular breathing
- Opens and closes eyes
- Tired eyes
- Delayed reaction time



## LIGHT SLEEP (ACTIVE SLEEP)

- Some movement
- Irregular breathing
- Facial movement
- Rapid eye movement (REM)
- Easily awakened and startled



## DEEP SLEEP (QUIET SLEEP)

- No body movement
- Regular breathing
- Bursts of sucking
- Not easily awakened

INCREASING INTENSITY



# Infant CUES

BIRTH to 6 MONTHS



## ENGAGEMENT

*"I want to be near you."*



## DISENGAGEMENT

*"I need something to be different."*

### ENGAGEMENT CUES

- eyes open
- looks intently at your face
- follows your voice and face
- smiles
- relaxes face
- smooth body movements
- feeding sounds
- rooting

### CAREGIVER/PARENT RESPONSE

Time to play or feed (if baby shows hunger cues).

Remember, playing is hard work for baby and baby tires easily.

### DISENGAGEMENT CUES

- turns or looks away
- pushes away or arches back
- cries
- coughs
- extends fingers with a stiff hand
- yawns or falls asleep
- grimaces
- has a glazed look

### CAREGIVER/PARENT RESPONSE

Play detective and follow the cues to figure out what needs to be different.