

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.

Source : Kelly, Jean F. PhD; Zuckerman, Tracy PsyD; Rosenblatt, Shira PhD. Promoting First Relationships: A Relationship-Focused Early Intervention Approach. *Infants & Young Children*. 2008; 21(4): 285-295.