Name That State

Jerky movements

Tears

Color changes

Muscle tension
<table>
<thead>
<tr>
<th>Rapid breathing</th>
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<tbody>
<tr>
<td>Generally doesn’t respond quickly</td>
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<tr>
<td>Lots of body movement</td>
</tr>
<tr>
<td>Eyes open, but not focused</td>
</tr>
</tbody>
</table>
Irregular breathing

Sometimes fussy

Sensitive to body & surroundings

Common before feeding
Little body movement

Steady, regular breathing

Eyes wide open

Very responsive
Name That State

Wants to play/interact

Requires energy and can make babies tired

Some movement

Opens and closes eyes
Tired eyes

Delayed reaction time