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

Infant CUES

BIRTH to 6 MONTHS

ENGAGEMENT
“I want to be near you.”

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

DISENGAGEMENT
“I need something to be different.”

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
Time to play or feed (if baby shows hunger cues).
Remember, playing is hard work for baby and baby tires easily.

CAREGIVER/PARENT RESPONSE
Play detective and follow the cues to figure out what needs to be different.