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

California BABY BEHAVIOR Campaign

Source: Brazelton, TB (1973) Neonatal Behavioral Assessment Scale. Clinics in Developmental Medicine, No. 50. JP Lippincott, Philadelphia.

In collaboration with the UC Davis Human Lactation Center

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.

California WIC Program, California Department of Public Health
This institution is an equal opportunity provider.

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.

In collaboration with the UC Davis Human Lactation Center