



RECOGNISING BABY BEHAVIOUR

SIGNS OF STRESS



Behaviour cues are **language.**

Motor cues

- Finger splaying
- Toe splaying
- Low trunk tone
- Low facial tone
- Extending arms/legs
- Saluting (stop sign)
- Flailing movements
- Squirming



Autonomic cues

- Colour changes
- Mottled skin
- Hiccoughing
- Sneezing
- Yawning/sighing
- Gagging/vomiting
- Changes in vital signs



Facial expressions

- Grimacing
- Frowning
- Pursed lips
- Pale around eyes/lips
- Looking away
- Glazed eyes





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SIGNS OF REGULATION



2 minute observation

What can the baby do to regulate themselves?

- Bracing feet against nest
- Hands to mouth
- Hands or feet together
- Grasping
- Sucking

Signs baby is attempting to help themselves.

HOW YOU CAN HELP

- Build on what the baby **can do**
- Appropriate timing of routine cares
- Pace caregiving
- Provide containment hold
- Non-nutritive sucking
- Adjust nest - flexion & alignment
- Adjust environment (light & noise)
- Move slowly

Recognise behaviour state

1. Deep sleep
2. Active sleep
3. Drowsy*
4. Quiet alert*
5. Active alert*
6. Crying

*Ideal states for caregiving

Stop
Regulate
Continue once settled