

Infant States

Infant State	What You Will See	What You Can Do
<p>Crying</p> 	<p>Tears Fast Breathing Tense muscles Color Changes Jerky movements</p>	<p>A baby in this state can take a while to calm down. They need your help to feel safe. Soothing motion and repeated movements/sounds work best to soothe your crying baby.</p>
<p>Irritable</p> 	<p>Fussiness Lots of Movement Irregular breathing Eyes open, but unable to focus</p>	<p>This baby needs something to change. Look for a source of irritation. Do they need a diaper change or change in their environment? Could they just want to be held? Look for signs of hunger as well.</p>
<p>Quiet Alert</p> 	<p>Eyes Wide Open Wants to play and interact Very little body movement</p>	<p>Interact with the baby. Babies in this state can tire quickly so monitor for signs that they need a break.</p>
<p>Drowsy</p> 	<p>Tired, sleepy eyes Eyes will open and close often Some movement Delay in reaction time</p>	<p>Help your baby relax so they can fall asleep. Hold and rock your baby. Rub the baby's back or hum softly.</p>
<p>Light Sleep</p> 	<p>This is an active sleep Some movement Rapid eye movement (REM) Facial movements (twitching) Irregular breathing</p>	<p>Babies can still wake easily in this stage. Continue to hold them or lay them down in a quiet room. They may wake up again once you put them down.</p>
<p>Deep Sleep</p> 	<p>This is a quiet sleep No body movement Regular breathing Not easily awakened Arms and legs will feel heavy in your arms.</p>	<p>Lay your baby down to sleep. Sleep is important for your baby to rest and recover. Monitor your baby for changes in his/her state.</p>