

Notes

Signs of Stress

- Physiological**
- Labored breathing
- Nasal flaring
- Autonomic**
- Sweating
- Spit-up
- Hiccupping
- Sneezing
- Nasal stuffiness
- Yawning
- Central nervous system**
- Abnormal sucking
- Tremors
- Myoclonic jerks (Sudden extreme startles with trembling)
- Startles
- Hypertonia
- Back arching
- Fisting
- Thumb-in-fist (Cortical thumb)
- Abnormal posture
- State**
- High-pitched cry
- Monotone cry
- Weak cry
- No cry
- Extreme irritability
- Abrupt state changes
- Inability to achieve quiet
- alert state
- Visual**
- Gaze aversion
- Pull down
- Fuss / cry during contact
- Obligatory following
- End-point nystagmus
- Sustained spontaneous nystagmus
- Visual locking
- Hyperreflexia
- Roving eye movements
- Strabismus
- Tight blinking
- Other abnormal eye signs
- Gastrointestinal**
- Gagging / choking
- Loose and/or watery stools
- Excessive gas sounds
- Skin**
- Pale
- Mottling
- Paroxysmal cyanosis
- Overall cyanosis (cyanosis over most of the body)
- Circumoral cyanosis (cyanosis encircling the mouth)
- Periorbital cyanosis (cyanosis around the eyes)

Signs of self-soothing

Definition of self-soothing behavior

1. Infant begins crying (state 6) or active, fussing (state 5)
2. Infant initiates a self-soothing behavior
3. Infant arrives at a calmer state, either state 4 or state 3

Observable self-soothing behaviors

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| <ul style="list-style-type: none"> <input type="checkbox"/> Sucking on thumb, fingers, or hand <input type="checkbox"/> Stroking face or body <input type="checkbox"/> Crossing arms <input type="checkbox"/> Clasping hands, maybe putting crossed arms against chest <input type="checkbox"/> Crossing legs <input type="checkbox"/> Bracing legs against incubator or crib wall <input type="checkbox"/> Grasping cord, tube, wire, blanket, or nurse's or parent's hand, body or clothing <input type="checkbox"/> Assuming a flexed posture <input type="checkbox"/> Moving from an extended or tense posture to flexion of trunk, arms and legs | <ul style="list-style-type: none"> <input type="checkbox"/> Moving to flexed posture against wall of crib or incubator (older infants) <input type="checkbox"/> Moving from back to side (with more flexed or relaxed posture) (older infants) <input type="checkbox"/> Fisting <input type="checkbox"/> Moving from extended fingers to a fist <input type="checkbox"/> Moving from a flexed hand to a fist <input type="checkbox"/> Looking away from too much stimulation (while maintain an awake state or shifting to a drowsy state) |
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Other behavior which you have observed (describe the behaviors with as much detail as possible):

Signs of availability for interaction

The infant is in a calm, alert and awake state 4. Besides being in state 4, the infant can do one or more of the following things:

- Chewing
- Babbling
- Relaxed, flexed arms, legs, and hands
- Little or no physical movement
- General muscle tone is average or slightly lower than average
- Relaxed facial muscles (older babies could be smiling)
- Soft, smooth movements with arms and legs
- Soft, slow chewing
- Other behavior which you have noticed?

States of Alertness

1. Deep sleep

2. Light sleep

3. Drowsy (moving between sleep and awake)

4. Awake, alert

5. Active alert/fussy: Active physically, still somewhat alert, or fussy (with physical movement, fussing sounds, and minimal alertness)

6. Crying