

## Secrets of Baby Behavior Quick Reference

### Six Infant States

1. Quiet Sleep – important for complete rest, hard to wake
2. Active Sleep – baby dreams, moves around, awakens and startles easily
3. Drowsy – glazed eyes, blinking, easily startled
4. Quiet Alert – highly responsive, wants to learn and play
5. Active Alert- fussy, body and facial movements; typical behavior before feeding
6. Crying – easy to identify, responds slowly to a caregiver's attempts to soothe

*To change or control a baby's state, use repetition to soothe and variety to waken or stimulate.*

### Babies Communicate Through Behavioral Cues

**Engagement Cues** – “I want to be near you,” or “I need your help.”

Baby may relax his face, stare at his parent's face, root, make sucking noises, reach for his parent, or lift his face and smile.

**Disengagement Cues** – “I need a break,” or “I want to do something different.”

Baby may turn her head or body away, stiffen her body or extend her fingers, push away, frown, have a glazed look, fuss, yawn, or give other tired signs.

### Sleeping Patterns

- Newborns sleep 16 hours per day, in cycles of one to two hours. They waken easily.
- By 1½-2 months, babies sleep 13-14 hours per day. They wake less at night.
- At 3-4 months, babies sleep for longer periods and more quietly.
- Parents should not feed the baby solid foods to help the baby sleep longer.
- Babies wake up for many reasons, such as when they are sick, uncomfortable, have a change in routine, or have difficulty breathing.

### Crying and Feeding Patterns

- **Fussiness:** Baby may not be hungry, but overstimulated, uncomfortable, wanting to be held, going through a growth spurt, teething, ill, or overtired. Some are fussy in the evening.
- **Crying:** At 6 weeks, it peaks at 2.6 hours per day. By 12-16 weeks, babies usually cry much less.
- **Hunger signs:** Crying is a late sign of hunger. Early signs include bringing his hands to his mouth, clenching his hands, flexing his arms and legs, rooting or making sucking noises.
- **Coping:** Parents can prevent some crying by reacting to their baby's cues *before* he starts crying.

### Safe to Sleep

- ✓ The baby should always sleep on a firm surface covered by a fitted sheet.
- ✓ Keep pillows, blankets, crib bumpers, soft objects, toys, and loose bedding out of baby's sleep area.
- ✓ Make sure nothing covers the baby's head.
- ✓ The baby's sleep area should be near where the parents sleep, but baby should not sleep in an adult bed, on a couch, on a chair, with parents or with anyone else.
- ✓ The baby should always sleep on her back. She should wear sleep clothing.
- ✓ Don't smoke or let anyone smoke around the baby.