

Jerky movements

Tears

Color changes

Muscle tension

Rapid breathing

**Generally doesn't
respond quickly**

Lots of body movement

Eyes open, but not focused

Name That State

Irregular breathing

Sometimes fussy

Sensitive to body & surroundings

**Common
before feeding**

Little body movement

Steady, regular breathing

Eyes wide open

Very responsive

Wants to play/interact

**Requires energy and can make babies
tired**

Some movement

Opens and closes eyes

Name That State

Tired eyes

Delayed reaction time



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