

**Jerking
Motions**

Tears

**Color
Changes**

**Tight
Muscles**

**Lots of Body
Movement**

**Facial
Movement**

**Irregular
Breathing**

**Eyes Open but
may not interact**

**Sometimes
Fussy**

**Sensitive to Body
& Surroundings**

**Common
Before Feeding**

**Little Body
Movement**

**Steady Regular
Breathing**

**Eyes Open
and Wide**

**Highly
Responsive**

**Wants to Learn
and Play**

**Can be Tiring for
Young Babies**

**Variable
Movement**

**Irregular
Breathing**

**Opens and
Closes Eyes**

**Eyes
Glazed**

**Takes Time
to React**

**Easily
Startled**

**Moves a Little Every
Now & Then**

**Rapid Eye
Movement**

Easy to Wake

**Irregular
Breathing**

**Facial
Twitches**

**No Body
Movement**

**Rhythmic
Breathing**

**Bursts of
Sucking**

**Startles but
does not Wake**

**Does not
Respond**

Hard to Wake

**Rapid
Breathing**

**Responds
Slowly**

Cut out each card and laminate. See slides 24-29 of Baby Behavior Training #1

Variable Breathing