

## **SIGNS OF STRESS IN INFANTS**

- \*Yawning**
- \*Sneezing**
- \*Pallor around the mouth**
- \*Lacey appearance to the skin**
- \*Tremulousness**
- \*Gaze aversion**
- \*Squeezing down but not having a bowel movement**
- \*Shutting down (closing eyes or going limp)**

### **Action**

**Check environmental demands and simplify.**

**Reduce:**

- \*Sound**
- \*Intensity of visual stimuli including eye contact.**
- \*Hold quietly and rock baby.**
- \*Some babies crave movement; gently swinging, spinning and bouncing can improve alertness and resilience.**

**Remember:**

- \*Oral feeding is the most demanding activity we ask of newborns/infants.**
- \*Preemies remain more vulnerable to environmental stimuli for 3 to 4 months corrected age.**
- \*Always allow/correct for prematurity.**