

NICU BABY CUES

CHEATSHEET



"I'm stressed!"



*"I would like a
hand hug!"*



"I'm content!"



*"I'm soothing
myself!"*



*"I could use some
boundaries"*



"I need a break!"

NICU BABY CUES

What's your baby saying?

"I'M CONTENT & READY FOR INTERACTION"



SMILING
MOUTHING
COOING
RELAXED LIMBS
MINIMAL MOVEMENTS
SMOOTH MOVEMENTS
COMFORTABLY AWAKE
HANDS TO FACE
QUIET EYE OPENING
SUCKING
FLEXED BODY

"I'M STRESSED & NEED SUPPORT"



YAWNING
HICCUPING
SPITTING UP
COLOR CHANGES
LOOKING AWAY
"STOP" HAND
TRUNK ARCHING
STIFF, STRAIGHT LEGS
BRADYS AND DESAT EVENTS
FRANTIC MOVEMENTS
FACIAL GRIMACE

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