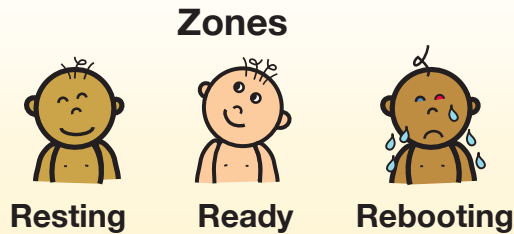


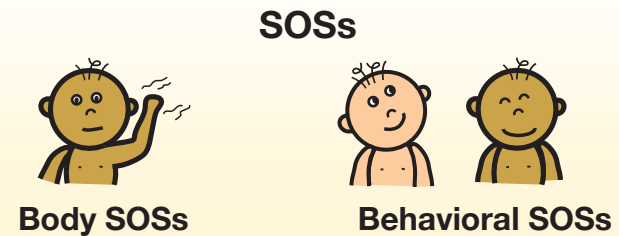
# Caring for the Early Baby: Read the Signals

Watch for sudden Zone changes and SOSs (Signs of Over-Stimulation)



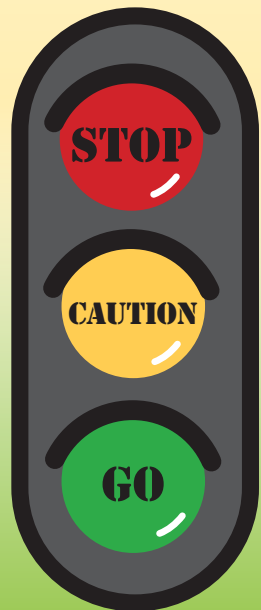
Notice when and how often baby moves from one Zone to another

[Click here to see video](#)



**Body SOSs:** Breathing faster or irregular; skin color blotchy; muscle tone more tense or unusually limp; tremors more frequent

**Behavioral SOSs:** Looking away from you; becoming drowsier; falling suddenly asleep when stimulated



## ***Baby's behavior*** **(When you see . . .)**

Pauses in breathing; skin color pales; movement jerky and tremors increase; muscles go limp; drowsiness or crying increases; baby unresponsive

Baby sends out an SOS: breathing faster or irregular; skin color blotchy; muscle tone more tense; tremors more frequent; drowsiness or crying increases; Zones change quickly

Breathing regular; skin color and muscle tone normal; tremors infrequent



## ***Parent's response*** **(Take these actions . . .)**

Stop feeding and interacting for a moment; continue parent's response described in yellow light; put baby skin-to-skin; discuss behaviors with your pediatric provider



Pause in feeding or interacting; try: glancing away from baby; using a soothing voice; holding baby's hands to chest; triggering baby's grasp reflex; bracing baby's feet with your hand; offering pacifier or baby's own hand to suck; swaddling baby; swaying baby gently; decreasing sound and light in the room

Begin feeding and/or interacting; watch for SOSs; notice if looking at, touching, or speaking to baby causes more SOSs

