



## **DISTRESS SIGNALS**

- ARCHING OF BACK
- HICCUPING OR SPITTING UP – NOT RELATED TO EATING
- AVOIDING EYE CONTACT
- SPREADING FINGERS AS IF TO SAY “STOP”
- CRYING THE “I NEED HELP” CRY

## **IS YOUR BABY:**

- HUNGRY?
- NEEDING TO BURP?
- NEEDING A DIAPER CHANGE?
- OVER STIMULATED?
- OVERLY TIRED?

## **COMFORT MEASURES TO TRY**

- WRAP BABY SNUGLY, CRADLE, ROCK OR WALK
- PLACE BABY IN FETAL POSITION
- PACIFIER OR BREASTFEED
- STOP TALKING AND STILL HANDS
- TAKE BABY TO A DARKENED ROOM