

Infant & Toddler Connection of Hampton-Newport News Pre-Maturity Checklist

The following are some signs, cues, or signals that premature infants may use to try to communicate stress. If there are signs of stress, the baby may need a change in the environment that will require some intervention. Behavioral observation and medical history will be important to determine those needs. Infants have six developmental tasks to accomplish: **1)** feedings, **2)** state organization, **3)** social interaction, **4)** taking in environmental stimulus, **5)** movement, and **6)** self-regulation. If you have observed any of the following signs you need to consider participating in an evaluation.

The following are signs of stress: (Please check what applies to your baby.)	Yes	No
1. Turns pale with changes in respiration and heart rate.		
2. Startles, twitches and tremors.		
3. Frantic activity.		
4. Hand salute, fingers splayed, arching.		
5. Strained bowel movement.		
6. Gags or spits up, hiccups.		
7. Looks away, closed eyes, yawns.		
8. Panicked expression or dull glazed-over expression.		

The following is a pre-maturity check list. Please use the following scale to measure the occurrence of the presented traits. 0) Never, 1) Sometimes, 2) Frequently, and 3) Experienced in Past.

Traits	0- Never	1- Sometimes	2- Frequently	3- Experienced in Past
1. Frequently irritable and fussy.				
2. Goes easily from whimper to intense cry.				
3. Can't calm by sucking or listening to caregiver.				
4. Calming time per day as much as 1-3 hours.				
5. Wakes frequently at night and needs extensive help to fall back asleep.				
6. Poor self-regulation and trouble feeding with excessive gas and vomiting.				
7. Resists touch especially face and hair.				
8. Sensitive to bright lights and sound -cries and closes eyes.				
9. Trouble maintaining quiet alert states, over and under responses to sensory information.				