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.)

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
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<tbody>
<tr>
<td>1. Turns pale with changes in respiration and heart rate.</td>
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<td>2. Startles, twitches and tremors.</td>
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<td>3. Frantic activity.</td>
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<td>4. Hand salute, fingers splayed, arching.</td>
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<td>5. Strained bowel movement.</td>
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<td>6. Gags or spits up, hiccups.</td>
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<td>7. Looks away, closed eyes, yawns.</td>
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<td>8. Panicked expression or dull glazed-over expression.</td>
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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.

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