

**INFANT BEHAVIORS**  
**Associated with**  
**PRENATAL ALCOHOL EXPOSURE**

**Feeding Problems**

- Weak suck
- Uncoordinated sucking and swallowing movements
- Tacitly defensive to nipple
- Easily fatigued
- Easily Distracted

**Poor Muscle Tone**

- Floppy Baby

**Poor Habituation**

- Difficulty shutting out environmental stimulus
- Sensory overload – all senses

**Poor Sleep-Wake Cycle**

- Awakens more frequently than other babies
- Has increased difficulty returning to sleep
- May not sleep through the night, even at a year old

**Decreased Ability to Self Calm**

- May not be able to get hand to mouth
- May not be able to recover from normal whimpering
- Whimpering progresses to loud frantic cries

**Decreased Ability to Organize Behaviors**

- Infants who have difficulty coordinating self-calming, focused alertness and oculomotor/visual-motor behaviors will make fewer attempts to engage their caregiver

**Attachment/Bonding Difficulties (Organic)**

- Does not show developmental appropriate stranger anxiety
- Does not show preference for mother over others

Adapted from: Infants and Children with Prenatal Alcohol and Drug Exposure: A Guide to Identification and Intervention. Keeta DeStefano Lewis, RN, PHN, MSN. Also Sterling K. Clarren M.D. and Ann P. Streissguth, PhD., Barbara Wybrecht, RN, PHN, BSN (personal and professional experience).