

UNDERSTANDING INFANT SLEEP CUES

»»»»»»»»»» *surviving newborn twins* ««««««««««

I'm Sleepy

RED EYEBROWS

AVERTS EYES

URNS HEAD

BLANK STARES

I Need a Nap NOW

YAWNING

RUBBING EYES

PULLING ON EARS

BECOMING FUSSY

I'm Overtired

ARCHES BACK

BECOMING RIGID

MAKING FISTS

HYSTERICAL CRYING