Normal newborn behavior and reflexes

These are usually signs of immature nervous system and resolve in approx 4 months:

- Yawning
- Sneezing
- Hiccups
- Throat clearing
- Lower lip and chin quivering
- Sleep noises from moving and breathing
- Spitting up and burping
- Straining with bowels—though stools are soft
- Passing gas
- Trembling and jitteriness or arms/legs
  - common with crying
- Irregular breathing patterns
  - not normal as long as baby is not breathing faster than 60 times/min and there are no pauses greater than 10 seconds and the baby has good color (no blue color)

Normal reflexes:

**Moro reflex**—startling reflex—stiffening of the body—may stretch out their arms—loud noises/startling baby laying down flat on back

**Sucking reflex**—triggers a baby to forcibly suck on any object put in the mouth—touch side of baby’s mouth

**Grasp reflex**—baby will tightly close the fingers when pressure is applied to the inside of the infant’s hand by finger or other object