Welcome to the first edition of the GCNC NIDCAP Newsletter for 2017. If you would like to contribute to the newsletter please contact: Nadine.griffiths@health.nsw.gov.au

### Infant State: Active Alert

**Body Activity**
Variable, with mild startles, smooth movements

**Eye Movements**
Eyes open, dull & glazed

**Facial Movements**
Face often appears still

**Breathing Pattern**
Irregular

**Level of Response**
React to stimuli however responses are delayed. With stimulation the infant may move to quiet alert or crying.

**Implications for Caregiving**
- Infants may fuss or become sensitive to disturbing stimuli (i.e. hunger, fatigue, noise)
- Infants may become more active and cry
- Fatigue or care giving interactions can disturb this state allowing infants to return to a drowsy or sleep state

### NIDCAP Training

The NIDCAP trainees spent the last week with our NIDCAP Master Trainer Dr Joy Browne from Colorado. The trainees are continuing on their NIDCAP journey with Advanced Practicums commencing in the coming months, keep an eye out for information.

### Developmental Care Workshop at PSANZ

Nadine, Kaye and Kim Psalia have been invited to facilitate a developmental care workshop at PSANZ in Canberra on the 3rd April. They will be presenting on the challenges in implementing development care, the varying definitions and the need for a national approach.

We hope to see you in Canberra!

### FINE Education Program

The first 1½ day FINE education program ran in February with 18 attendees from multiple LHD’s with OT, Speech Therapy and nursing representatives. The program was described by attendees as ‘this is by far the best workshop I have been too’, ‘fantastic program’ and ‘very useful tools for my unit’.

Positions area available on the May program if you are interested in attending contact Nadine.