

items organized according to the clusters in [Box 7-3](#). It is generally used as a research or diagnostic tool and requires special training.

Box 7-3

Clusters of Neonatal Behaviors in Brazelton Neonatal Behavioral Assessment Scale

Habituation: Ability to respond to and then inhibit response to discrete stimulus (light, rattle, bell, pinprick) while asleep

Orientation: Quality of alert states and ability to attend to visual and auditory stimuli while alert

Motor performance: Quality of movement and tone

Range of state: Measure of general arousal level or arousability of infant

Regulation of state: How infant responds when aroused

Autonomic stability: Signs of stress (tremors, startles, skin color) related to homeostatic (self-regulating) adjustment of the nervous system

Reflexes: Assessment of several neonatal reflexes

In addition to its use as an initial and ongoing tool to assess neurologic and behavioral responses, the scale can be used in assessment of initial parent–child relationships, as a preventive instrument that identifies a caregiver who may benefit from a role model, and as a guide to help parents focus on their infant's individuality and develop a deeper attachment to their child ([Bruschweiler-Stern, 2009](#)). Studies have demonstrated that showing parents the unique characteristics of their infant causes a more positive perception of the infant to develop, with increased interaction between infant and parent.

Patterns of Sleep and Activity

Newborns begin life with a systematic schedule of sleep and