




1 in 4 women will experience
depression sometime in their lives.

APGAR Scoring for Newborns

A score is given for each sign at one minute and five minutes after the birth. If there are problems with the baby an additional score is given at 10 minutes. A score of 7-10 is considered normal, while 4-7 might require some resuscitative measures, and a baby with apgars of 3 and below requires immediate resuscitation.

		Sign	0 Points	1 Point	2 Points
A	Activity (Muscle Tone)	Absent	Arms and Legs Flexed	Active Movement	
P	Pulse	Absent	Below 100 bpm	Above 100 bpm	
G	Grimace (Reflex Irritability)	No Response	Grimace	Sneeze, cough, pulls away	
A	Appearance (Skin Color)	Blue-gray, pale all over	Normal, except for extremities	Normal over entire body	
R	Respiration	Absent	Slow, irregular	Good, crying	

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