

Apgar Scoring System Chart			
	2	1	0
Appearance (skin colour)	Normal skin colour all over (no blueness)	Normal colour, only hands or feet are blue or bluish	Bluish or blue all over
Pulse (heart rate)	Higher than 100 beats per minute	Lower than 100 beats per minute	No pulse
Grimace (reflexes)	Grimaces, coughs, sneezes or pulls away when stimulated	Grimaces or cries weakly when stimulated	Does not react to being stimulated
Activity (muscle tone)	Active movement	Some movement	No movement
Respiration (breathing effort)	Strong cry	Weak, slow or irregular breathing	

In Summary

The APGAR score is based on your midwife's assessment of skin colour (**A**pppearance), heartbeat (**P**ulse), reflexes (**G**rimace), muscle tone (**A**ctivity) and breathing (**R**espiration) at 1 minute, 5 minutes and sometimes also 10 minutes after birth. It's based on a simple scoring system with zero, one or two points awarded for each factor.

The APGAR score helps your child's midwife or doctor see if your baby needs any immediate medical care.