

Impact of Sensory Inputs

Sensory inputs can have either a regulating or overwhelming impact on baby. Every baby is different and may not all react the same way to the below inputs.

Common Sensory Inputs

- Rocking
- Swaddling
- Putting baby over the shoulder
- Place a light hand on baby's chest
- Touch geared towards baby's preferences
- Pulling into flexion (bringing arms and legs into chest)
- Parentese speaking (high-pitched, calming voice i.e. baby talk)



Potentially Overwhelming Sensory Inputs



- Sudden noises
- Erratic movements
- Touch that is overstimulating to baby (too light, excessive tickling)
- “Looming and Zooming” – caregiver comes in close to baby's face and then backs up quickly, repeat

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