

The best way to detect a regulation challenge is through observation. Here are some different things baby may be exhibiting that can help you determine how their regulation is at that moment.

Unconscious and automatic functions of the body:	Irregularities in: • Heart rate • Blood pressure • Temperature • Respiration • Coloring • Swallowing
External signs of baby's ability to tolerate inputs:	<ul> <li>Anxious</li> <li>Intense distress/crying</li> <li>Vigilant</li> <li>Expression (withdrawal, confused, etc.)</li> <li>Difficult to soothe</li> <li>Sleepy</li> </ul>

Caregiver must become a good reader of baby and notice their reactions to various inputs.

Difficulties with suck, swallow, breathe timing are often the first to be noticed by the caregiver or healthcare provider.

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