

Baby's ability to achieve and remain in a calm and alert state, allowing them to learn, develop, and grow.

Regulation affects all areas of development, including:

- Attachment
- Communication
- Level of Alertness
- Movements
- Attention
- Behavior



Regulation allows for baby's capabilities to be expressed. Their capability to:

1. Sleep (ability to go and remain in, allowing for sleep cycling)
2. Stabilize/predict around the feeding routine (signaling hunger, suck swallow breathe, GI health, pooping)
3. Adapt and recover when overwhelmed
4. Develop interaction with caregiver (cuddling, calming, attending)
5. Smoothly transition between Brazelton States
6. Learn, relate, and process experiences