What is Infant Regulation?

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





Movements



Behavior



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

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

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