

One of the most important things to remember when conducting a session is  
**BE PRESENT.**

Take time to turn off your phone and pay attention to baby. Before you start the session, take 60 seconds to observe baby's movements and ask yourself these questions:

- What do you see baby doing?
- What is baby telling you?
- How is baby preparing for the next step?
- What does baby need to do to get to that next step?

Also take time to find out more information about the caregiver. Here are a few questions to get you started:

- What are their concerns?
- How are they doing? Are they feeling stressed? Overwhelmed? Etc.
- What methods/exercises/activities have they tried to do with baby?
- What is the caregiver/baby routine typically like?

**During the session:**

- Naturally talk to baby in an engaging and responsive way
- Verbalize what baby is telling you so the caregiver can understand what you're assessing
- Help caregivers understand why baby is doing what they are doing
- Never just go through the motions of assessing. You should be consciously thinking of how baby's motor movements tie into other systems that can affect baby later on.
- Watch how the caregiver interacts with baby. Helps you to understand baby's history, daily living habits, and activities.

Asking the caregiver about their schedule, daily routine, and other family commitments can help you assess what home follow through is possible, without causing them additional stress.

You don't want them to do *nothing* just because they can't do *everything*.