

Goal: Help maintain a positive emotional bond.

Support the caregiver's efforts and help them explore alternative efforts as challenges arise.

- Ask about their concerns and baby's preferences
- Be an active listener
- Acknowledge and support caregiver articulating concerns without judgment. If a caregiver needs help, it's ok for them to ask for it!
- Assist in problem-solving as a technique may not work every time
- Help them learn how to move and regulate their baby understanding the trial and error process



In the first 4 months, the caregiver is more critical than the therapist.

Caregivers help baby understand sensory inputs and support regulation until baby is able to adapt and regulate themselves.

Tips for sessions with caregivers:

- Remember, the therapist *shows*, the caregiver *does*
- Help the caregiver discover what works for their baby so they can follow through with therapy at home
- Demonstrate a technique and let them repeat it. If using specific therapy equipment, give ideas for alternate household items they can use at home.