

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:

- Anxious
- Intense distress/crying
- Vigilant
- Expression (withdrawal, confused, etc.)
- Difficult to soothe
- Sleepy

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.