

Open-ended questions around daily routines, calming strategies used, and concerns often uncover possible regulation challenges without judgment.

Asking these questions can help:

- Caregiver explore and think about baby's preferences and behaviors
- Bring to mind things caregiver may not have even noticed or thought was important
- Caregiver feel more involved in the process
- Figure out what activities can be suggested to help baby based on their preferences (not consistent across all babies)
- Each baby is different. Not everything is going to work for each baby, let the caregiver know that too.

Here are some example questions to ask caregiver to determine baby's preferences (can be used for babies over 4 months old as well):

1. How does baby respond to to daily routines, i.e. dressing, diaper changes, bath, feeding, sleeping, etc.?
2. What does baby like? What doesn't baby like?
3. How does baby respond to touch?
4. How does baby respond to sounds and voices?
5. Does baby have any favorite positions?
6. How does baby respond to touch?
7. How does baby like to be held?
8. What kind of surface does baby sleep on?
9. When baby is most calm, what are they doing?
10. Does baby have problems with suck, swallow, breathe?
11. Does baby have trouble falling or staying asleep?
12. Is baby able to calm themselves by sucking on a pacifier, looking at toys, or listening to your voice?
13. How have you tried to calm baby, what worked?
14. Have you noticed a certain time where baby gets the most fussy?
The least?