

Infant Regulation: Development, Detection and Strategies to Support

Lynn Boswell PT, MS, Diane Fritts-Ryan, OTR/L, CNDT, Beth Osten PhD, MS, OTR/L & Cheryl Patrick PT, MBA

On-demand Time: 60 Minutes

This course will cover the development of infant regulation from birth through four months of age, with a focus on early detection of regulatory challenges and practical strategies to support caregivers. Participants will learn how regulation emerges through the interaction of sensory systems, infant states, and caregiver responsiveness, with an emphasis on the role of co-regulation in shaping early behavior and development. The course will review observable signs of regulation and dysregulation, including indicators of excessive activation or inhibition, supported by video examples to strengthen clinical recognition. Strategies for identifying regulatory challenges through infant observation and caregiver interview will be discussed, along with guidance on adapting sensory inputs to support individualized regulation. The course will also provide practical, strengths-based coaching techniques to help caregivers support their Baby's regulation, along with clinical tools and resources to promote early identification and intervention in practice

Upon completion of this webinar, participants will be able to:

- Explain the importance of infant regulation in early learning, behavior, development and occupational performance from birth to four months of age.
- Identify observable signs of regulatory challenges through observation of infant responses and caregiver report, including indicators of excessive activation or inhibition.
- Describe caregiver-centered, sensory-based co-regulation strategies to support infant regulation using a strengths-based approach.

Audience

Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants

Disclosures

Course Director's and Planning Committee Members' Disclosure Information:

Jessica Hunter, MS	Has nothing to disclose.
Melissa Kolski, PT, DPT	Has nothing to disclose.
Leslie Marriott, MSOT, OTR/L, BCP	Has nothing to disclose.

Speakers, Moderators and Panelists' Disclosure Information:

Lynn Boswell PT, MS	Has nothing to disclose.
Diane Fritts-Ryan, OTR/L, CNDT	Has nothing to disclose.
Beth Osten PhD, MS	Has nothing to disclose.
Cheryl Patrick PT, MBA	Has nothing to disclose.

Accreditation Details

Occupational Therapists:

The Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID #16353. This distance learning independent webinar is offered at 1.0 contact hours, 0.10 CEUs [introductory level, foundational knowledge/OT service delivery]. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA

Physical Therapists:

This online course has been approved by the Illinois Physical Therapy Board for 1.0 Contact Hours. Approval #216-000069

The Shirley Ryan AbilityLab is recognized by California and the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education for 1.0 Contact Hours on 5/21/2026.

Many states accept continuing education contact hours recognized in other states, enabling professionals to use these hours to meet their licensing or certification requirements. Please consult your state regulations to see if this meets CEU requirements for your license.