



BABIES Model Domains and Regulation

Body Function and Reaction to the Environment (Adaptive Development) How I am currently becoming steady with color changes, breathing changes, digestion, elimination patterns, illnesses, and reacting to a busy environment. How my parents/caregivers support me to be steady in these physiologic areas.

Arousal and Sleep (Cognitive, Communication, and Social/Emotional Development) How I sleep and wake at the right times, and what my sleep amounts and rhythms are like. Also when awake, the duration and ability to attend to tasks and people. How my parents/caregivers support me in falling asleep, napping, waking up, being awake. Also supporting the duration and quality of awake, sleep and play times.

Body Movements (Motor Development) How I use my hands and move my body, support my head and begin to roll over. How my parents/caregivers support me in the areas of tone, posture, limpness/stiffness, smoothness or unevenness of movements, motor activity indicating distress, sitting, standing, creeping, crawling, walking, reaching for and picking up small objects.

Interaction with Others (Social/Emotional, Communication, and Cognitive Development) How I relate to others and understand and use facial and hand gestures, smiling, cooing and crying. How my parents/caregivers support me to look, listen, smile, follow with my eyes and head, react to being held, respond to caregivers, share emotions, and imitate sounds. Soon having “conversations” with back and forth sounds, babbling, repeated single sounds, single and simple words, clapping, pointing, gesturing, being wary of strangers, becoming upset when primary caregiver leaves, responding to interactional games, and responding to other people in my family.

Eating (Adaptive Development) How I eat and grow, including synchronizing breathing, sucking and swallowing while engaging in social play, showing food likes and dislikes, responding to different flavors and textures. How my parents/caregivers support me to eat enough, with appropriate methods. They also help me coordinate my eating, length of time spent eating, regularity, routines drink from a bottle then a cup and eat using fingers.

Soothing (Social/Emotional Development) How I become calm when upset with the help of my primary caregiver(s), and use strategies to calm myself like listening to my caregiver’s voice, shifting my attention, and indicating a variety of emotions. How my parents/caregivers support me when I am irritable, use soothing strategies or equipment needed for calming.