

# Table of Contents

<i>Dedication/Acknowledgements</i>	III
<i>About the Authors</i>	IV
<b>INTRODUCTION: WHAT, WHY, WHEN, WHERE, HOW</b>	<b>6</b>
<i>Introduction to Tools for Infants</i>	6
<b>CHAPTER 1: SENSORY SAVVY</b>	<b>8</b>
<b>Sensory Processing Challenges...</b>	<b>8</b>
<i>Detailed description of sensory processing disorder in infants</i>	
<b>Snapshot of Sensational Infants...</b>	<b>13</b>
<i>Overview of sensory processing challenges in infants (Reproducible)</i>	
<b>Sensory Buffet...</b>	<b>14</b>
<i>Sensory-based strategies available throughout the day</i>	
<b>S.O.S. Sensory Options and Strategies for You...</b>	<b>15</b>
<i>Identification of your own sensory needs as a caregiver</i>	
<b>CHAPTER 2: EARLY ENGAGEMENT</b>	<b>17</b>
<b>Early Engagement...</b>	<b>17</b>
<i>Importance of interacting with caregivers and the world</i>	
<b>CHAPTER 3: BAFFLING BABIES</b>	<b>21</b>
<b>Mushy Muffins...</b>	<b>21</b>
<i>Ideas for floppy or weak infants</i>	
<b>Sluggish Sweeties...</b>	<b>24</b>
<i>Methods to increase arousal for tired or sluggish infants</i>	
<b>Cautious Cuties...</b>	<b>27</b>
<i>Ways to help infants who seem fearful of movement to become comfortable with exploration</i>	



<b>Touchy Tykes...</b>	<b>30</b>
<i>Strategies for infants who do not like touch or who want to be held constantly</i>	
<b>Bumbling Babies...</b>	<b>33</b>
<i>Activities for infants who have trouble figuring out how to move</i>	
<b>Wiggly Worms...</b>	<b>37</b>
<i>Sensations that help wiggly infants to focus</i>	
<b>Fussy Firecrackers...</b>	<b>39</b>
<i>Calming strategies for fussy infants</i>	
<b>Pukey Pumpkins...</b>	<b>42</b>
<i>Recognition of different types of reflux and how to help control it</i>	
<b>CHAPTER 4: DAILY DUTIES</b>	<b>45</b>
<b>Simply Sucking...</b>	<b>45</b>
<i>Ways to improve nutritive (breast and bottle) and non-nutritive sucking</i>	
<b>Sensational Solids...</b>	<b>48</b>
<i>Methods to transition through different food textures</i>	
<b>Mouth Matters...</b>	<b>52</b>
<i>Ideas to help infants who mouth excessively or avoid mouthing</i>	
<b>Cozy Clothes...</b>	<b>54</b>
<i>Comforting techniques for infants who are bothered by clothing</i>	
<b>Tummy Time...</b>	<b>56</b>
<i>Importance of tummy time and ways to increase tolerance to it</i>	
<b>Separation Soothers...</b>	<b>59</b>
<i>Methods to ease separation anxiety</i>	
<b>Diaper Doody...</b>	<b>61</b>
<i>Strategies to help infants who fuss during diaper changes</i>	
<b>Wishy Washy Tubby Time &amp; Nail Nippers...</b>	<b>63</b>
<i>Ways to make tubby time, hair washing, and nail clipping more tolerable</i>	
<b>Nightly Night...</b>	<b>66</b>
<i>Help to get your infant to sleep</i>	
<b>CHAPTER 5: SUPPLEMENTAL STRATEGIES</b>	<b>69</b>
<b>Magical Massage...</b>	<b>69</b>
<i>Benefits of massage and illustrations for a brief full body massage</i>	
<b>Soothing Swaddling...</b>	<b>72</b>
<i>Advantages of swaddling and instructions for a simple swaddling technique</i>	
<b>APPENDIX</b>	<b>74</b>
<b><i>My Infant's Tool Chest (Reproducible)</i></b>	<b>74</b>
<b><i>References</i></b>	<b>75</b>
<b><i>Resources</i></b>	<b>77</b>
<b><i>If I Could Speak, Here's What I'd Say...</i></b>	<b>78</b>