

Babies and Beyond: Facilitating Function with Strategies that Grow

Colleen Carey, DPT, C/NDT

Faculty

Colleen Carey is the owner and director of the Children's Therapy Center, a pediatric outpatient center located in Fort Washington, PA. A dynamic speaker, she teaches frequently in seminars to professionals on the topics of early intervention, therapeutic handling, orthotics, and functional goal outcomes. Colleen has extensive experience with a variety of developmental disorders and coordination disorders

including cerebral palsy and autism. She has broad experience in indications for physical therapy within the educational environment and the role of adaptive physical education. Colleen actively mentors other therapists to share her knowledge and insights and has been a clinical instructor for 25 years. Colleen is an accomplished Coordinator Instructor with NDTA. She studied at Quinnipiac College, New York University, and Temple University with a focus on developmental disabilities. She is

enthusiastically pursuing ongoing professional training to improve the care of her clients. She received her Basic NDT (Neuro-Developmental Treatment) certification in 1987 and her Baby NDT certification in 1995. Colleen has worked in community early intervention programs, preschool settings, educational settings, rehabilitation hospitals, and outpatient centers. She supports families across cultural and ethnic barrier and passionately advocates for children and families. She remains focused on functional outcomes in all environments.

Financial Disclosure: Colleen Carey receives

About This In-Person Course

Therapeutic handling and facilitation doesn't stop with babies, and it doesn't stay static through childhood either. Through the framework of the NDTA Contemporary Practice Model, attendees will embrace the dynamic progression of motor development for children with neuromuscular conditions. By choosing effective planes of movement for handling, facilitation strategies, and task and environmental components that align with assessment findings, you can intentionally impact and improve the child's participation in daily activities. Therapeutic strategies to address alignment, weight shift and dynamic balance will connect to the child's participation in daily activities. Through demonstrations and extensive lab sessions, learn *Strategies that Grow* alongside your clients as they develop from babies through toddlerhood to school-aged children. Deepen your application of sensory competence as a major driver of motor performance and amplify the role of the sensory system for children with neuromuscular diagnoses. Work through the treatment triad that incorporates individual, task and environment to promote participation in and outside of the therapy session.

Objectives

- ① Relate impairments of alignment, weight shift and dynamic base of support to difficulties with occupational engagement and functional tasks.
- ① Identify functional goals for a baby or young child with neuromuscular impairments.
- ① Determine appropriate task challenges for a baby or young child's intervention plan given client profile.
- ① Differentiate between typical and atypical development during participation in daily activities for the infant and young child.
- ① Choose a handling or facilitation treatment strategy to address skill performance and/or participation in the baby and young child.
- ① Apply an intervention that integrates the individual, task, and environment triad to enhance functional performance in an infant or young child.
- ① Select a progression of intervention strategies that aligns with a young child's growth and development.

Schedule – Day 1 9:00 am – 4:00 pm

8:30-9:00 am	Registration Opens
9:00-9:30	Building Participation in the Infant and Child using the NDT Contemporary Practice Model
9:30-10:00	Analysis of Typical Sensory Motor development
10:00-11:00	LAB: Therapeutic strategies that grow- Rolling and Movements to Change Position
11:00-12:00 pm	Relating impairments to Function and Participation in Assessment of the Infant: Group problem solving
12:00-1:00	LUNCH
1:00-2:00	Analysis of Atypical Sensory Motor Development to provide a framework for pediatric assessment of body system impairments
2:00-2:45	VIDEO: Treatment Demonstration - Child age 1-3 Identifying clinical reasoning for treatment based on assessment, observe application of intentional planes of movement during handling, link handling strategies to function and participation
2:45-4:00	LAB: Therapeutic <i>Strategies That Grow</i> - Trunk rotation progressions from 4 months to school age

Audience

This course is designed for OTs, OTAs, PTs and PTAs working with Pediatric, Birth-3, Early Intervention and School-Age (3-21) populations in home care, outpatient, rehab or school settings.

Schedule – Day 2 8:40 am – 3:30 pm EST (US)

8:30-9:00 am	Registration Opens
9:00-9:30	Enhancing the Child's Sensory Competence through facilitation
9:30-10:00	Build the Treatment Planning Triad - individual, task and environment
10:00-11:00	LAB: Therapeutic <i>Strategies That Grow</i> - Upper extremity: Linking weight bearing and facilitation of isolated movement control to function
11:00-12:00 pm	Fun & Function- Applying Evidenced Based Concepts from the F-words for Child development framework.
12:00-1:00	LUNCH
1:00-2:00	LAB: Therapeutic strategies that grow-lower extremity movements for upright control
2:00- 3:00	Clinical Reasoning: Case presentation application of using individual assessment to guide participation goals and treatment
3:00-4:00	Analyzing distal control & orthotic/splinting considerations

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Credits

This course meets the criteria for 11 contact hours (1.1 CEUs) Intermediate Level.



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In Person Dates and Times

March 7 and 8, 2026

9:00 am – 4:00 pm

Texas Children's Hospital - West Campus

18200 Katy Freeway, 1st floor conference rooms A&B

Houston, Texas 77094

Registration is for both sessions.



\$450 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

In-Person: Babies and Beyond: Facilitating Function with Strategies that Grow/Colleen Carey

March 7 and 8, 2026 — Houston, TX

Course Registration Form

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