

# 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 an honorarium from Education Resources, Inc.

*Non-Financial:* Colleen Carey has no non-financial relationships to disclose.

## About This Live Webinar

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

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

## Schedule – Day 1 8:40 am – 3:30 pm EST (US)

8:40-9:00 am	<b>Webinar Registration/Zoom Course Opens</b>
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	<b>LAB: Therapeutic strategies that grow- Rolling and Movements to Change Position</b>
11:00-12:00	Relating impairments to Function and Participation in Assessment of the Infant: Group problem solving
12:00-12:30	<b>LUNCH</b>
12:30-1:30	Analysis of Atypical Sensory Motor Development to provide a framework for pediatric assessment of body system impairments
1:30-2:15	<b>VIDEO: Treatment Demonstration - Child age 1-3</b> Identifying clinical reasoning for treatment based on assessment, observe application of intentional planes of movement during handling, link handling strategies to function and participation
2:15-3:30	<b>LAB: Therapeutic Strategies That Grow - Trunk rotation progressions from 4 months to school age</b>

*15-minute break in AM & 15-minute break in PM to be announced*

## Audience

This webinar 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)

8:40-9:00 am	<b>Webinar Registration/Zoom Course Opens</b>
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	<b>LAB: Therapeutic Strategies That Grow - Upper extremity: Linking weight bearing and facilitation of isolated movement control to function</b>
11:00-12:00	Fun & Function- Applying Evidenced Based Concepts from the F-words for Child development framework.
12:00-12:30	<b>LUNCH</b>
12:30-1:30	<b>LAB: Therapeutic strategies that grow-lower extremity movements for upright control</b>
1:30- 2:30	Clinical Reasoning: Case presentation application of using individual assessment to guide participation goals and treatment
2:30-3:30	Analyzing distal control & orthotic/splinting considerations

*15-minute break in AM & 15-minute break in PM to be announced*

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## Webinar Dates and Times

**April 24 and 25, 2026**

**8:40 am EST • 7:40 am CST • 6:40 am MST • 5:40 am PST (US)**

*Registration is for both sessions. Log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.*



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**Webinar: Babies and Beyond: Facilitating Function with Strategies that Grow/Colleen Carey**

**April 24 and 25, 2026**

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