

Using Self-Reflection as a Tool in Floortime™

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Summary: Increasing your capacity for mentalization about yourself & others is a gradual process that is crucial for your growth-promoting interactions that support a warm, secure attachment with your child

- Dr. Andrea Davis

- ✓ Self-Reflection, the 9th **functional emotional developmental capacity**, is an overlooked essential component of good Floortime™ practice for the parent or practitioner
- ✓ Our past experiences have influence on how attuned we can be and how reactive we are to our children's emotional experiences
- ✓ Taking the time to reflect and observe ourselves and our children with curiosity (grey-area thinking) rather than judgment (black-and-white thinking) allows us to refine our Floortime™ approach
- ✓ Sharing our reflections with a caring professional or supportive listener will clarify our strengths/weaknesses and caregiving style
- ✓ Self-reflection is growth-promoting as you learn things at a deeper and deeper level and in new contexts

Link to the [Self-Reflection Worksheet](#)

Strategy A.10: Self-Reflect: Take a Reflective Stance Towards Yourself adapted from [Floortime Strategies to Promote Development in Children and Teens: A User's Guide to the DIR® Model](#)

Link to this blog: <http://tinyurl.com/zjlqctw>