

The nuts and bolts of the Floortime™ session

Published online November 12, 2015

Summary: Respecting the child's sensory profile, observe then join in the child's interest so (s)he notices you, present a challenge by inserting yourself in the play, then expand the interaction

- ✓ Set up the environment to your child's unique sensory profile
- ✓ Start the session by observing the child and joining in what (s)he is doing, which we call “following the child's lead”
- ✓ You want the child to notice that you are taking interest in and engaging in his/her activity of choice which motivates him/her to stay in the activity with you longer
- ✓ Next, present a challenge by using affect to entice him/her to take initiative him/herself to include you in what (s)he is doing
- ✓ Always use affect to engage the child: use sound effects, facial expressions, intonations, exaggerated gestures or body movements, and the like, to invite him/her into a shared world
- ✓ Finally, expand the interaction by adding a new element (such as doing something slightly differently) to get prolonged interactions and to keep it from being repetitive

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