

Stumbling blocks in Floortime™ at FEDC 1: Helpful strategies for shared attention and regulation

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Summary: Most regulation issues are either sensory-related or due to anxiety which pushes the child into a fear or “flight” response

- ✓ When a child is having a tantrum or meltdown we want to determine if (s)he is reacting to sensory input or is in flight mode out of fear or anxiety, then calmly co-regulate with him/her
- ✓ Work on regulation and anxiety by giving the child more control over his/her environment through respecting his/her boundaries, and by repeatedly retreating and approaching the comfort zone respectfully and gently, which also prolongs the interactions
- ✓ Use playful obstruction and anticipation with high affect to entice a child who typically ignores all attempts at interacting
- ✓ Treat repetitive actions of the child as purposeful by joining the child in what (s)he is doing, using high affect & facial expressions to essentially make it into a game
- ✓ For violent expressions of emotion, help your child label his/her emotions, co-regulate & provide acceptable outlets for frustration

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