

Podcast with Dr. Andrea Davis about her
User's Guide to the DIR® Model

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Summary: The strategies in the user's guide are great tools to empower parents and professionals in supporting children's development

- ✓ *Floortime Strategies to Promote Development in Children and Teens: A User's Guide to the DIR® Model* was made for parents and (para-)professionals who are working with parents.
- ✓ The book offers strategies to promote our children's emotional, social and intellectual development using DIR/Floortime®.
- ✓ The specific strategies allow us to document what we're working on right now that will lead to the family's goals for the child.
- ✓ The biggest challenge for families is putting everything aside and taking 20 minutes to tune in to their child to try out the strategies.
- ✓ Watch videos of your interactions and reflect on how it went.
- ✓ Focusing on misbehaviours with our children damages our relationship, which is the core of helping them developmentally.
- ✓ Work on being a Floortime™ family where the adults “*attune, engage, respond, expand, pretend, challenge and reflect*” and the children/teens in turn “*regulate, connect, reciprocate, communicate, create, think and self-reflect*” (from the Introduction).

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Link to this blog: <http://tinyurl.com/gv9ehqz>