

Floortime™ in the car!

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Summary: Floortime™ can be done anytime, everywhere and need not be perfect. Just have fun and connect with your child!

- ✓ Floortime™ is about connecting with your child and being able to self-reflect in the moment.
- ✓ Why not use the time we spend each day in the car with our children to connect?
- ✓ When interacting with our children we want to use Floortime™ techniques including follow their cues, be responsive, wait, emphasize affect, embrace their feelings, narrate, consider questions, offer easy choices, invite circles (of communication), stretch interactions, incite thinking, and build bridges between ideas.
- ✓ Self-reflection is an essential aspect of Floortime™ where we can ponder what went well and what we can aim to do (differently) next time.

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Link to this blog: <http://affectautism.com/2016/05/24/floortime-in-the-car/>