

Using Strategy A.10 “Self-Reflect: Take a reflective stance toward yourself in interactions” *

Date: *Saturday, January 21st, 2017*

Time: *2:30 p.m.*

Length of Session: *20 minutes*

What were my goals for my child in this Floortime session?

- 1. I wanted to keep our son in a sustained interaction of complex communication.*
- 2. I wanted to have fun with our son while being able to challenge him.*
- 3. I wanted to see our son initiating interactions with me and generating his own ideas.*

What strategies seemed to work best to support these goals?

- 1. Our son responded really well to my affect, facial expressions, and use of gestures.*
- 2. Following our son's lead in his interest helped keep him in the interaction for the full session.*
- 3. Responding to initiations our son made was very supportive to him continuing the interaction.*

What did I learn about my child?

I learned that I can challenge our child a lot more than I typically do.

What were my goals for myself in this session?

- 1. I wanted to be able to stretch out the interactions with our son.*
- 2. I wanted to have less direction and stay in the moment with our son.*

What did I learn about myself?

- 1. I learned that I ask a lot of questions and that I don't have to. He'll do what I am hoping to see him do just from my affect.*
- 2. I learned that I deflect negative emotions quickly rather than mirror them back to him, or empathize/co-regulate.*

Questions for therapeutic team:

Do you have any observations for me as to how I did and what I can do better in the future?

** This strategy appears in the book **Floortime Strategies to Promote Development in Children and Teens: A User's Guide to the DIR Model** by Andrea Davis, Lahela Isaacson, & Michelle Harwell and is printed here with permission from Dr. Andrea Davis at <http://www.greenhousetherapycenter.com/>*