

Growth and Gaming with Mike Fields

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Summary: Therapeutic gaming, like DIR/Floortime, is a strengths-based way to challenge your children through play to promote growth and development

- ✓ **Gaming allows our kids to choose what they want to be like, and act how they want to act, rather than being labelled with a diagnosis and being told what their deficits are**
- ✓ **Games provide safe boundaries that provide our children with the opportunity to work on social problem solving, frustration tolerance, and communication**
- ✓ **We can create and tailor the scenarios in games to give kids the opportunity to process and work through experiences like feeling successful and competent, which provides confidence and agency**
- ✓ **Gaming is about scaffolding the process of play for children because the game is the vehicle that allows them the safe opportunity to practice real-life scenarios like taking risks and challenging themselves**

Link to this blog: <http://affectautism.com/2018/07/30/gaming/>