

Avoiding the blame in Floortime

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Summary: While it's easy to blame others, all you can do is focus on that very moment, what's in front of you, and looking at what you can do to make this environment better for the child to help the child's regulation

- ✓ If you know what you can control, and then control it rather than blaming it on something or someone else, you will have more mental energy for the present moment
- ✓ Self-blame can be really debilitating because it leads you down the wrong path of thinking you know what *would have* happened
- ✓ When we value our experiences as learning moments, we realize that there are no mistakes
- ✓ When the child blames the parent it's telling us that the child isn't in problem-solving mode and wants you to fix it for them
- ✓ Psychologist Kathy Platzman says "*Go low and slow*" to find the rift in the developmental function when our children are stressed

Link to this blog: <http://affectautism.com/2018/03/05/blame-in-floortime/>