

### Floortime Tips for Behavioural Challenges at Home

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Summary: Always open the door to co-regulate, socially problem-solve, and think symbolically with your child

- ✓ All behaviour has a reason behind it that we need to investigate
- ✓ Until our children have the robust capacity to fully negotiate with emotional signalling and back-and-forth communication, they will be prone to emotional dysregulation
- ✓ Set the expectation for your child's behaviour in advance without mentioning what you don't want them to do
- ✓ It is an important and essential part of social and emotional development to imitate our peers and experiment with different behaviours while we figure them out
- ✓ Having more daily Floortime sessions will provide your child with more opportunities to connect and problem-solve with you

Link to this blog: <http://affectautism.com/2018/11/05/floortime-tips-home>