

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

Date: *Monday, April 4th, 2016*

Time: *4:30 p.m.*

Length of Session: *20 minutes*

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

- 1. I wanted to keep my son engaged in the same activity for the full 20 minutes.*
- 2. I wanted to have a continuous flow of back-and-forth interaction and increase the number of circles of communication with my son.*
- 3. I wanted to see my son initiating interactions with me and generating his own ideas.*

What strategies seemed to work best to support these goals?

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

What did I learn about my child?

I learned that my child is really responsive to my reactions and very eager to include me in his play.

What were my goals for myself in this session?

- 1. I wanted to be able to stay in the interaction myself the whole time.*
- 2. To not direct my son's play and instead foster him to initiate interactions and ideas himself.*

What did I learn about myself?

- 1. I learned how much my mind wanders off to my 'to-do' list. I learned how distracted I get by thinking about everything that has to get done and found it hard to stay in the moment.*
- 2. I learned that I feel irritated when I spend time making a new “tunnel” or “bridge” for my son just to knock it down within seconds and then ask me to make a new one again.*

Questions for therapeutic team:

Is there something I should do to influence how my son responds so abruptly with “Mama make a new tunnel” after he knocks the pillows down?

** 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/>*