

### What an ideal DIR/Floortime program looks like

Published online May 10, 2016

**Summary: An ideal DIR/Floortime program includes many components and therapies suited to the child's individual sensory, physical, and learning challenges where all caregivers & therapists are working on the same developmental goals using a DIR approach**

- ✓ A systematic assessment process always precedes any program
- ✓ Traditional therapies & services such as occupational therapy, speech & language, physical therapy, biomedical and family psychological/social work/counselling, and educational programs as well as other therapies & activities such as music, art, swimming or gymnastics, etc. can all be a part of the program
- ✓ Many spontaneous, unstructured Floortime 20-minute sessions occur throughout the day where all caregivers follow the child's natural interests, join, expand and challenge the child at his/her developmental level in a safe, warm & nurturing relationship with interactions tailored to the child's unique sensory profile
- ✓ Children are also taught skills using the DIR approach in more structured Floortime sessions throughout the day in problem-solving and sensorimotor activities that harness their affect

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