

Why “challenging” and “expanding” are essential for human growth

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Summary: In order to facilitate our child's growth, we respectfully and playfully challenge them to initiate interactions with us and expand on these interactions to strengthen this capacity

- ✓ Caregivers and new practitioners sometimes struggle with the challenge and expand aspects of Floortime
- ✓ Challenging and expanding in Floortime are always and only ever done respectfully and playfully
- ✓ We use challenge and expand techniques to help the child consistently initiate interactions with us to work towards a continuous flow of back-and-forth interaction
- ✓ With Floortime, we have the wonderful practice of giving our children new opportunities in the safety and comfort of our own home rather than in the stress of the real world, in the moment
- ✓ Challenging and expanding in Floortime is about taking something that would normally frustrate or challenge the child and making it something they want to do and be a part of, so when they are challenged in real life they don't shut down

Link to this blog: <http://affectautism.com/2018/06/04/challenge-and-expand-for-growth>