

Floortime as a Family Approach

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Summary: The DIR model is a strengths-based family-centred approach which turns challenges into constructive opportunities to help bring out the best in the child and in each family member

- ✓ A child requiring extra support requires a family-based approach
- ✓ The DIR model is a developmental approach to family functioning which involves finding each family member's strengths in affecting the development of the child and how to bring out the best in the child and in each family member
- ✓ How we behave and cope with the stress of having a child who needs extra support and all the accompanying challenges affects our child's ability to feel at ease and self-regulated, engage, communicate, and problem-solve with us, so it is important to resolve negative family patterns
- ✓ Caregivers must be emotionally available to form warm and nurturing relationships that entice the child into a shared world

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