

Play is the answer for healthy emotional development

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Summary: Play is the cornerstone of Floortime that is essential to healthy emotional development because it is in play where we experiment with and work through our emotions

- ✓ We all seek closeness and connection with others to survive and when this need is not met, we face separation that leads to frustration, alarm, and/or pursuit
- ✓ Our children have differences that make connection difficult, which makes them even more vulnerable to feeling separation
- ✓ Floortime within a safe, loving, nurturing, warm relationship allows our children to experiment with life without the consequences
- ✓ As caregivers, we must provide opportunity for play without consequences to our children without judging their fears, obsessions or aggressive tendencies, instead allowing them to express their emotions in the safety of play

Link to this blog: <http://affectautism.com/2017/05/30/play-is-the-answer/>