



## Key Take-Aways

Emotion-seeking and saying "No!"

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Summary: Children's so-called 'attention-seeking' behaviours are often emotion seeking. Regular Floortime sessions can provide you and your child the opportunity to connect emotionally which leads to richer interactions and fostering trust as we support our children's agency to share their wishes with us.

- Our children crave genuine, real emotion and connection with us and others so it is important for them to experience a range of emotions in us as well
- Saying, "Yes, and..." rather than "No" to a child changes the tone of the entire interaction, which supports regulation
- Provide the space for your child to flourish by following their interests, using predictable routines to support your child's regulation, and showing your intent to understand what your child is experiencing
- Allow your child to say, "No" while being curious about why, understanding that they may not know why, and that it might be sensory-related

Link to this blog: <https://affectautism.com/2021/02/20/seeking>