



Key Take-Aways

Combining DIR/Floortime and Sensory Integration

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Summary: DIR/Floortime supports sensory integration in providing that missing piece in the research of calming emotional reactivity

- In DIR/Floortime, we attune to emotional responses that can be missed in typical sensory integration which is already play-based and fun and seeks for the adaptive response
- Forcing an interaction of a sensory experience will threaten the trust in your relationship and goal of fostering the ability to regulate and modulate that sensation in the moment
- Once you can hold someone in a space of validating their emotions, regulation improves, the situation is de-escalated, and they are more emotionally available to think through the situation
- Respond to emotions by seeing them as an opportunity to co-regulate to enhance engagement which will provide a more solid foundation to then move up the developmental ladder
- We can empathize how hard this process is with parents and suggest they start by commenting on positive emotions in the moment such as, *"Wow! You are really excited about this!"*

Link to this blog: <https://affectautism.com/2021/03/06/dir-si>