



Key Take-Aways

Starting DIR/Floortime with your child:

Where is your child developmentally?

Published online November 5, 2015

Summary: The quality and strength of our child's progress depends on us targeting what developmental stage they are currently at

- Using the DIR/Floortime® checklist to determine where your child is developmentally will help you target your interactions with your child at an appropriate developmental level
- Children can have some capacities in many of the stages some of the time; we aim to fill in the gaps
- A child's capacity to have shared attention and regulation depends on how secure they feel in their environment
- If certain sensations are unpleasant for your child, they will be distracted and won't be able to regulate their emotions
- You can work on higher developmental capacities in the moments when your child is available for shared attention and regulated

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Link to this blog: <https://affectautism.com/2015/11/05/implement-floortime>