



## Key Take-Aways

Stumbling blocks in Floortime at FEDC 1:  
Facilitating shared attention and regulation

Published online December 10, 2015

Summary: Most regulation issues are either sensory-related or due to anxiety which pushes the child into a fear or 'flight' response

- When a child is having a tantrum or meltdown we want to determine if they are reacting to sensory input or are in flight mode out of fear or anxiety, then calmly co-regulate with them
- Work on regulation and anxiety by giving the child more control over their environment through respecting their boundaries, and by repeatedly retreating and approaching the comfort zone respectfully and gently, which also prolongs the interactions
- Use playful obstruction and anticipation with high affect to entice a child to want to enter into an interaction with you
- Treat repetitive actions of the child as purposeful by joining the child in what they are doing, using high affect & facial expressions, to essentially make it into a game
- For violent expressions of emotion, co-regulate, provide acceptable outlets for frustration, and help your child label their emotions

*Floortime® is a Registered Trademark of ICDL, Inc.*

Link to this blog: <https://affectautism.com/2015/12/10/stumbling-blocks>

Copyright © 2021 Affect Autism [affectautism.com](http://affectautism.com)