



## Key Take-Aways

A User's Guide to the Developmental, Individual differences,  
Relationship-based (DIR) Model

Published online February 2, 2016

Summary: The user's guide is a great tool to empower  
parents and professionals in supporting children's development

- ***Floortime Strategies to Promote Development in Children and Teens: A User's Guide to the DIR® Model*** was made for parents and (para-)professionals who are working with parents
- The book promotes our children's emotional, social and intellectual development using DIR/Floortime®
- Numbered strategies allow us to document what we're working on right now that will lead to the family's goals for the child
- The biggest challenge for families is putting everything aside and taking 20 minutes to tune in to their child and do Floortime
- Watch videos of your interactions and reflect on how it went
- Focusing on misbehaviours damages our relationship with our child, which is the core of helping them developmentally
- Work on being a Floortime™ family where the adults "*attune, engage, respond, expand, pretend, challenge and reflect*" and the children/teens in turn "*regulate, connect, reciprocate, communicate, create, think and self-reflect*" (book Introduction)

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Link to this blog: <https://affectautism.com/2016/02/02/users-guide>

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