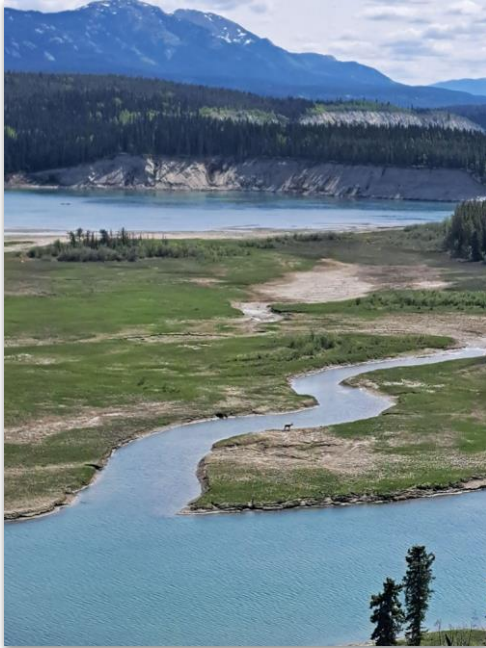

Unlocking Potential: Exploring the Benefits of DIR Floortime for Parents, Children and Caregivers

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Welcome and Objectives



Objective #1: Seeing DIR Floortime as an overall framework and intervention

Objective #2: Understanding some of the benefits of DIR Floortime

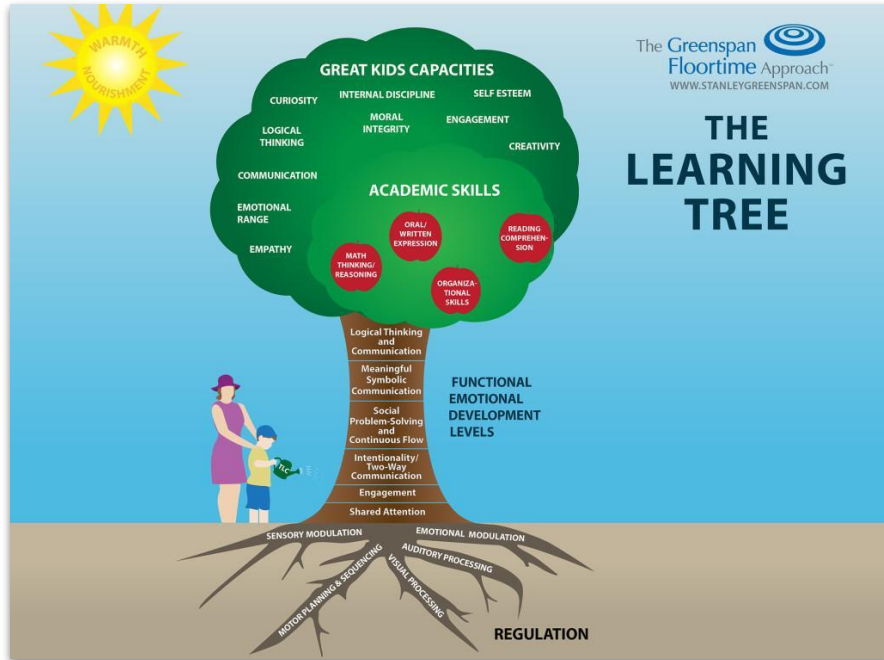
Objective #3: Gaining some practical information to start your DIR Floortime journey

Understanding DIR Floortime



- Can apply the framework/principles of DIR in any context
 - Developmental
 - Individual Differences
 - Relationship
 - DIR Floortime as an intervention is:
 - Play-based
 - Child-led
 - Not specific to any one therapy approach
 - More about letting go than actually learning any 'technique'
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Benefits of DIR Floortime



- Enhances emotional regulation and social skills including communication
- Strengthens relationships between caregivers and children
- Supports overall development and learning

How DIR Floortime Helps Caregivers



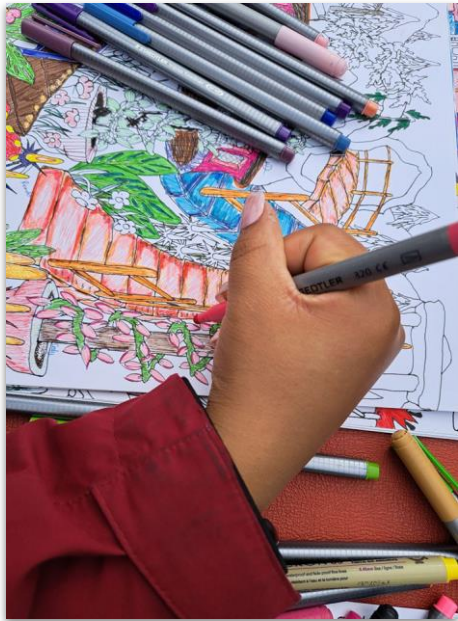
- Provides tools for meaningful communication
 - Reduces stress and creates opportunities for joy
 - Empowers caregivers as anyone can do this
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DIR Floortime Stories



- Balloons can talk
 - Hide and seek teaches a smile better than therapy can
 - Imaginary fairy homes in the sky empowers and helps overcome anxiety
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Tips for Trying the DIR Floortime Approach



- Child-led play.....not the same as letting children do whatever they want!
 - Pay attention to sensory needs and provide support
 - Watching, Waiting and Wondering
 - Play through daily routines
 - Try 20 minutes a week!
-

Conclusion and Next Steps

we chose
play



Take aways:

- DIR Floortime is a framework and an intervention
- DIR Floortime can support all kinds of learning
- If it's not fun, it's not Floortime!

Next steps:

- affectautism.com
 - ICDL for DIR Floortime courses - www.icdl.com
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