**THE DIR/FLOORTIME®**

The DIR®/Floortime™ (The Developmental, Individual Difference, Relationship-based Model) is a approach that was initially developed by DR. Stanley Greenspan for non-verbal autistic children. It is however a wonderful approach to use with all children – whether they have developmental difficulties or are typical children. It is an intervention that is used to promote an individual's development through a respectful, playful, joyful, and engaging process.

The DIR®/Floortime™ focuses on 3 aspects of the child:

1. the child’s developmental level

2. his/her sensory processing abilities

3. the relationships the child engages in

Floortime techniques are used to gain development and skills in these 3 aspects.

The objectives of the DIR®/Floortime™ Model are to build the healthy foundations necessary

for a child to develop social, emotional, and intellectual capacities.

**The developmental stages or milestones:**

* Stage 1: Regulation and shared attention (the ability to have an interest in the world, in the people around you and in yourself)
* Stage 2: Engaging and relating (the ability to connect to others, share intimacy and engagement with others)
* Stage 3: Intentional and two-way communication (the ability to talk to and respond to others – whether it is with language or gestures)
* Stage 4: Social problem-solving (this includes pretend play development because a child learns about life through play)
* Stage 5: Creating symbol and using words and ideas (the ability to create emotional ideas and the ability to understand the emotions of himself/herself and that of others)
* Stage 6: Emotional thinking, logic, sense of reality (the ability to build bridges between ideas and to learn how one event leads to another)
* Stage 7: Multi-causal and triangular thinking (to be able to recognize multiple causes and to compare things)
* Stage 8: Grey area, emotionally differentiated thinking (the ability to understand the varying degrees or relative influences of feelings, events or phenomena)
* Stage 9: Growing sense of self; reflecting on an internal standard (the ability to judge experiences and to reflect on feelings or experiences of the moment and at the same time, compare them with a longer-term view of themselves and their experiences, values and or goals or ideals for some age-expected experiences)

**The Individual differences:**

The individual differences focus on the registration and processing of sensory information and the ability to respond and relate to the environment, other people and yourself. Senses include are the auditory-, visual-, tactile-, vestibular- and proprioceptive senses. The motor integration which develops from the senses and which is thus also addressed by the DIR®/Floortime™ approach includes body awareness, negotiating self and objects, reflexes, muscle tone, balance, bilateral coordination, motor planning and sequencing.

**Relationship**

The DIR®/Floortime™ approach focus on understanding the relationship that enable a child to progress in his development. It uses floortime techniques to build relationship between the parents (caregivers) and the child.

<http://www.icdl.com/floortime> www.stanleygreenspan.co