

Instructions for Goal Sheet of The Floortime Manual™

The purpose of this Goal Sheet is for professionals to provide information to parents on the top priority goals for their child, either through verbal feedback or through reports or other forms of written feedback.

There are three components to this Goal Sheet.

Starting with the six **DEVELOPMENTAL MILESTONES** and the subcategories of each milestone.

Ideally the therapist or professional should:

- Identify the highest developmental milestone that the child can currently access;
- Select the appropriate highest Observable Goal for that milestone;
- Pick three to four Observable Goals beneath this top goal, either within the same milestone or in a lower one. (The goals for each Milestone increase in complexity.)

When doing Greenspan Floortime correctly, you automatically work on regulation, shared attention and engagement while working on a higher goal, say, two-way interaction. Greenspan Floortime works from the Ground Up, but sometimes people incorrectly spend too much time focusing on and isolating one lower goal such as Shared Attention when a child is capable of achieving a higher milestone.

Instead of selecting a dozen goals, picking three or four from the total helps to organize and manage parental expectations. It also helps to focus the intervention program.

Adding in **TYPES OF PLAY**

Professionals can help parents identify the best type of activity—sensory play, object-based play, or symbolic play—for achieving these goals. Often but not always, a child needs to start working on these goals within sensory-based play. Sensory-based play helps them organize their regulatory system. For some children it is more motivating than symbolic play, making it easier for the child to achieve their goals. If a child likes to move doing stationary Symbolic play, it can be more challenging to achieve these goals.

Adding in **EMOTIONAL RANGE**

The emotional range refers to the breadth of emotional states and experiences that the child has access to. Professionals can decide whether the child needs to achieve a goal within a broader emotional range. This capacity as well as emotional flexibility should be added on to the goal.

By creating goals using this multi-dimensional format, we can help parents more specifically address their child's needs.