



DIR Floortime FAQs

Who can benefit from DIR Floortime?

The DIR Floortime model is valuable for understanding and fostering the positive development of all children. DIR Floortime is often used for children facing educational, social-emotional, mental health, or developmental challenges.

How does Floortime treat behaviors?

The DIR Floortime model involves looking for the WHY or the cause behind the behavior; we treat the root of the problem.

Is DIR Floortime a legitimate model?

DIR Floortime is an evidenced-based model and backed by research.

How is Floortime different than play therapy?

Play is a vital component of Floortime, yet just one part of it. Through play, parents can step into a child's world and gradually broaden it. However, that's merely the starting point of Floortime. Since we learn most effectively through engaging experiences, Floortime encourages interactions that help children develop thinking skills and generalize experiences to enhance social-emotional, and cognitive development. This is a comprehensive process that involves more than just play.



Floortime is explore time.



732.353.1616

 **wonDIRful play**
FLOORTIME THERAPY

DIR Floortime

What is it?

DIR Floortime is a purposeful, goal-oriented therapy model, designed to support your child in becoming a successful learner. Using the D-I-R approach, we enter the child's world and engage with them at their level, taking advantage of natural, play-based interactions to address developmental gaps.

DIR is an acronym. It stands for Developmental, Individual, and Relationship—the three key principles that guide the therapy and make it so effective. Let's break each one down for you...

DEVELOPMENTAL

We start by assessing the child's development, identifying gaps in social, emotional, and cognitive growth.

INDIVIDUAL

We assess each child's unique sensory, motor, and language needs to identify their distinct strengths and challenges, tailoring treatment accordingly.

RELATIONSHIP

We emphasize relationships, connecting with the child in a way that forms the foundation for developmental growth.

WonDIRful Play FAQs

Are your services covered by insurance?

Yes, DIR Floortime is covered by NJ Familycare. We accept Wellpoint, Fidelis Care, United Healthcare Community Plan, Horizon NJ Health, and Aetna Better Health.

Does my child need a diagnosis?

Yes.

The following diagnoses are acceptable:

F84.0	Childhood Autism
F84.1	Atypical Autism
F84.2	Rett's Syndrome
F84.3	Other Childhood Disintegrative Disorder
F84.4	Overactive Disorder associated with mental retardation and stereotyped movements
F84.5	Asperger's Syndrome
F84.8	Other Pervasive Developmental Disorders
F84.9	Pervasive Developmental Disorder Unspecified

Do you provide OT Services?

While we don't provide OT therapy, our center boasts an OT-designed gym to enable us to work with your child using the DIR model which takes your child's individual motor system into account.

"All Children have within them the potential to be great kids. It's our job to create a world where this potential can flourish."

- Stanley Greenspan M.D.

About Our Services

At Home Therapy

At WonDIRful Play, we believe that therapy works best when it becomes part of everyday life. Our floortime therapists in Lakewood, NJ use engaging, play-based activities that feel natural and enjoyable, helping your child develop key skills in a way that feels effortless and fun. As part of this collaborative approach, you'll also gain meaningful insights into your child's growth and learn practical strategies to confidently support their development at home.

In Preschool Support

We understand that early childhood education is a critical period for social, emotional, and cognitive development. For children enrolled in preschool, our in-daycare support services in Lakewood, NJ provide a tailored approach that integrates the principles of DIR Floortime into the classroom environment.

Small group support

In these sessions, children are encouraged to develop essential social skills such as sharing, taking turns, and collaborating with their peers. These interactions are thoughtfully guided to help children build healthy relationships and a strong sense of belonging within the group. Through structured activities, children learn how to communicate effectively, manage conflicts, and navigate social dynamics with confidence.

Parent Training

We believe that when parents are actively involved, progress is amplified, which is why our floortime therapists in Lakewood provide strategies and insights to empower you in supporting your child at home. With open communication and hands-on practice, you'll gain the tools necessary to nurture your child's development in a way that feels natural and intuitive. Over time, these strategies become integral to their daily success.

