Behavior Concern Scale: Internalizing

Strategy: Floor Time.

- Get down on a child’s level—usually by sitting on the floor—and participate in open-ended play and conversation.

- Follow the child’s lead; join in the child’s activity and respond to what the child wants to talk about.

- Approach a child at play and ask the child if you can join him. If he agrees, get on his level.

- Watch for a few minutes so you will be able to follow the child’s lead.

- Comment on what the child is doing and stay focused on his interests.

- Give your undivided attention to the child during floor time.

- Listen reflectively by repeating and rephrasing what the child is saying.