

FLIP IT!®

Four supportive steps to help young children learn about their feelings, gain self-control, and reduce challenging behavior

1. Feelings: Gently talk with children about their feelings and what you are seeing and hearing as a result of their emotions. Help children identify the root of the feeling causing the behavior.



2. Limits: Remind children of the positive limits and expectations you have for their behavior. Loving and simple limits help surround children with a sense of consistency, safety, and trust.



3. Inquiries: Encourage children to think about solutions to their challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.



4. Prompts: Provide creative cues, clues, and suggestions for children having difficulty problem-solving. Enthusiastic, bright ideas can lead the way to better problem-solving skills.



Learn more at www.MoreFLIPIT.org or just scan this!

