

FLIP IT![®]

Transforming
Challenging Behavior



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

1
Feelings



FEELINGS: Gently talk with the child about his feelings. Tell him what you see and hear as a result of his emotions. Help him to identify the root feelings causing the behavior.

2
Limits



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

3
Inquiries



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

4
Prompts



PROMPTS: Provide creative cues, clues, and suggestions for the child who is having difficulty. Enthusiastic, bright ideas can lead the way to better problem-solving skills.