

FLIP IT!®



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



1. Feelings
“I can see that you are feeling...”

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 feelings causing the behavior.



2. Limits
“The rule is that we...”

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
“What can we do to fix this?”

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
“I wonder if we tried...”

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.