

These are the basic steps of FLIP IT! Practice different ways of making statements and asking questions that best suit your style, the child, and the situation.

1. **FEEELINGS:** 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.



I can see that you are feeling...

Your face is scrunched up and your hands are in fists. It looks like you might be feeling really angry.

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.



The rule is that we...

You are very important to me and your problems are also important to me.

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.



What can we do to fix this?

Is there anyone who might be able to help you with this?

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



What would happen if we tried...

One time when I had a problem like this, I did ____, do you think that might work here?