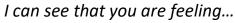






These are the basic steps of FLIP IT! Practice different ways of making statements and asking questions that best suit your style, the child, and the situation.

 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.



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

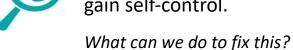
2. **LIMITS**: Remind children of the positive limits and expectations you have for their behavior. Loving and simple limits help surround children with a sense of consistency, safety and trust.

M

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.



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

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.

What would happen if we tried...

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

