

FLIP IT!®

Feelings

"I can see that you are feeling...."

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

Limits

"The Rule is that we...."

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.

Inquiries

"What can we do to fix this?"

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.

Prompts

"I wonder if we tried...."

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.

Feelings



Limits



Inquiries



Prompts

