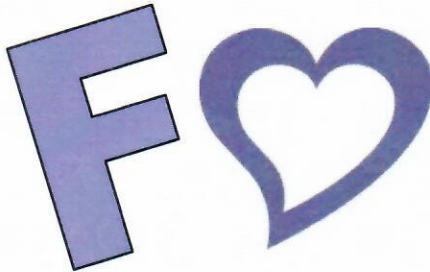


FLIP IT for KIDS

Kids



When we find children's behavior challenging, it is important to acknowledge that the behavior is coming from a feeling, then provide a healthy limit, and then coach the child through the process of finding alternative behaviors and coping skills.



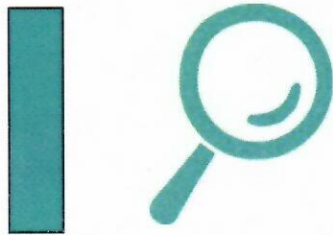
1. **FEELINGS:** Gently talk with children about their feelings and what you are seeing and hearing as a result of their emotions. Help children identify the root feelings causing the behavior.

1.
I see you are doing ____.
I wonder if you are feeling ____.



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.

2.
The rule is that we ____.



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.

3.
How can we ____?



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.

4.
a) Choices
b) Yes/No ?s
c) Suggestions
d) Use Strengths
e) Personal Examples
f) Redirection