

# FLIP IT!®



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

**Devereux** | CENTER FOR  
ADVANCED BEHAVIORAL HEALTH | RESILIENT CHILDREN



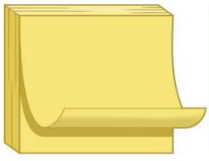
Ohio Study found FLIP IT to be significantly associated with decreases in negative outcomes and increases in positive outcomes. Child outcomes were still improving six months after training! 100% of parent comments described positive outcomes for their families.

Meehan, D.C. (2016). *A Multi-Tiered Evaluation of the Effectiveness of the FLIP IT Parent-training Model*. Unpublished report.

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Thanks To:

**Racker**   
Supporting People with Disabilities



# A Child in Mind

Think of a child you are eager to FLIP.

List the child's strengths

- Reflect on the child, so that you can better empathize with his or her point of view during challenging times.
- Note - Doing regular observations of children can help you get a more complete perspective on a child.

List the child's interests

List the child's challenges

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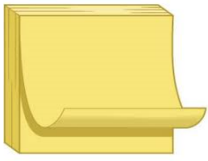


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# Adult Reflection

FLIPPING IN or OUT can become a habit. FLIP IT helps adults instill in children healthy coping strategies that can last a lifetime. We all strive for healthy habits, but just like children, we are always a work in progress, and self-reflection is important. Reflect a moment on your own ICK.



Your  
Environmental ICK

Your  
Family ICK

Your With-in  
Yourself ICK

How do you respond to your ICK?

Do you FLIP IN and hold it all inside (describe)?

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Do you FLIP OUT and act in unhealthy ways (describe)?

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How does your ICK impact children?

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Healthy coping habits mean that when times are full of ICK, we choose to stay calm and FLIP IT, rather than FLIP OUT or FLIP IN! When we FLIP IT with children, they learn to stay calm, understand their emotions, set limits and use healthy coping skills to solve problems. Teaching them to do this early in life will develop healthy habits that will last a lifetime.



# Feelings Reflections

**Imagine if you were feeling really sad, and someone told you to “smile.”**

- Would you feel understood, comforted or as though your feelings were validated? \_\_\_\_\_
- Would you feel like your troubles were instantly solved? \_\_\_\_\_



**Imagine if you were feeling frustrated or tired and someone asked you, “Why aren’t the dishes done yet?”**

- Would you feel understood, comforted or as though your feelings were validated? \_\_\_\_\_
- Would you feel defensive? \_\_\_\_\_



Have the behavioral strategies you have tried with children been successful?  
List some common strategies you have tried.

	1	2	3	4	5
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____	_____

Did the strategy...

1. help to strengthen your relationship with the child?
2. address the root cause or the feelings behind the behavior?
3. help the child learn how to control his/her emotions?
4. help the child to become a problem-solver?
5. help to make long-term changes in the child’s behavior?

These questions help us to see if a strategy is accomplishing long-term goals and helping the child develop emotional awareness and control. It is important to note that some common strategies may be effective in bringing about short-term changes.



# Limits Reflections

## Where do YOU stand?

### FOOT DOWN

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### BETTER OFF IGNORED

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Remember, most situations can and should be FLIPPED so that the child can better understand her feelings and learn healthy coping. Consistency is important; therefore discuss these lists with other adults in the child's life so that children hear a consistent limit and know expectations for their behavior.



**CAN**

**VS.**

**CAN'T**

CAN'T LIMIT: "Stop running inside!"

CAN LIMIT: \_\_\_\_\_

CAN'T LIMIT: "Stop whining."

CAN LIMIT: \_\_\_\_\_

CAN'T LIMIT: "Stop wrestling around."

CAN LIMIT: \_\_\_\_\_

CAN'T LIMIT: "No more fighting."

CAN LIMIT: \_\_\_\_\_

CAN'T LIMIT: "Do NOT touch that."

CAN LIMIT: \_\_\_\_\_

CAN'T LIMIT: "Stop throwing the ball."

CAN LIMIT: \_\_\_\_\_



# Inquiries Reflections

Practice turning the leading questions below into open-ended inquiries.

## Leading

## vs

## Open-ended

Leading question – “Do you want to come sit on my lap to feel safe?”

Open-ended inquiry –

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Leading question – “Do you think you should ask nicely?”

Open-ended inquiry –

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Leading question - “Can you ask him to take turns?”

Open-ended inquiry –

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Leading question – “Can you roll the car on the floor instead?”

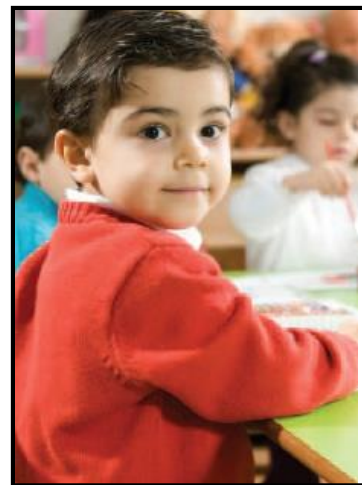
Open-ended inquiry -

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Sometimes it is helpful to remember why the INQUIRIES step is so important. Answer the following questions to reinforce the value of helping children solve their own problems NOW, so the skill will last FOREVER.

1. Do I want children to feel confident they can handle most conflicts? \_\_\_\_\_
2. Do I want children to be good problem-solvers? \_\_\_\_\_
3. Do I want children to ask questions that invite thinking from others? \_\_\_\_\_
4. Do I want children to be able to think quickly and clearly in a crisis? \_\_\_\_\_
5. Do I want children to have healthy coping strategies when they feel ICK? \_\_\_\_\_



Inquiries will strengthen the qualities reflected in these five questions.



# Prompts Reflections

Prompts can be offered in a variety of ways.

1. Use personal examples
2. Offer suggestions
3. Ask leading questions
4. Offer positive choices where both options are desirable
5. Use the child's strengths and interests to spark his creativity



Once you have done the F, L and I steps, how would you prompt him toward a solution?

A child is crying because of his broken shoelace.

A child is hiding because she is scared of the hammering sound.

A child is jumping on the furniture and getting very excited.

A child is angry because she can't find her toy.



Prompts can help people find creative ways to cope. Practice coming up with creative solutions to common problems that you and your fellow adults face.

I am so tired, but I have to keep working. What is a creative (safe) option to help me cope?

I am stuck in traffic and honking my horn isn't helping. What is a creative option to help me cope?

I take every precaution, but I am still nervous about my children getting the flu. What is a creative option to help me cope?

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