

# FLIP IT!®

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



This information packet provides a brief overview of the FLIP IT® strategy and book.

Research-Based!

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 Unpublished report.



1. **FEELINGS:** Gently talk with the child about his feelings. Tell him what you see and hear as a result of his emotions. Help him to identify the root feelings causing the behavior.



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



3. **INQUIRIES:** Encourage the child to think about solutions to his challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.



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

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# FLIP IT Overview

FLIP IT can be used for:

- targeted interventions for a child displaying specific behavioral concerns.
- OR
- every day minor challenges and conflicts with one child or with multiple children.



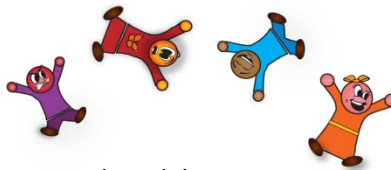
## FLIP IT is:

- Best practice made simple
- Strength-Based
- Commonsense
- Effective
- Portable
- Easy to remember
- Easy to share
- Applicable in a variety of situations
- Four simple steps

1 2 3 4

FLIP IT is best practiced by using all 4 steps in fairly quick succession (1-10 minutes start to finish). Experienced FLIP IT users may find that only 1 or 2 steps are needed to resolve the situation.

Children who are frequently “FLIPPED” become emotionally aware problem-solvers who develop healthy coping skills that will last a lifetime.



## FLIP IT Notes:

- FLIP IT is not the ONLY strategy one should use.
- Use FLIP IT in combination with other strategies.
- FLIP IT requires consistency, it is not magic.
- For children with more severe behavior issues seek support from a mental health professional.
- FLIP IT considers the root causes for a child’s behavior but does not center on the functional behavioral assessment process.



## Prerequisites for FLIP IT success include:

- Relationships
  - \* Relationships are the foundation!
  - \* Every strategy is only as good as the relationship it is built on!
- Empathy
  - \* Empathy is the ability to see and feel from another person’s point of view.
  - \* The ability to honor “child-size” problems
- An understanding of ICK
  - \* Children are challenging when they are weighted down by something called ICK!
  - \* ICK refers to the negativity or risk factors in an individual’s life.
  - \* When times are full of ICK, we have a choice to stay calm and FLIP IT, rather than FLIP OUT or FLIP IN (externalizing behavior or internalizing)!
  - \* ICKNESS does not have to equal sickness.

