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Overview of FLIP IT!

An Approach to Challenging Behavior in Young Children

Nicolle T. Moore, LMFT
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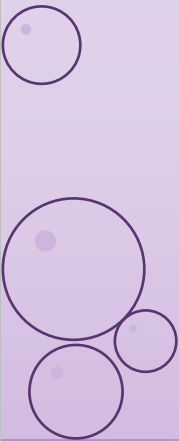
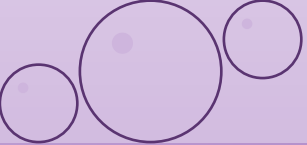

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**THANK YOU TO HARUV US
AND OU TULSA.**



OBJECTIVES

- Introduction to Devereux Center for Resilient Children and the FLIP IT! approach
 - Learn the Pre-Requisites to implementation of FLIP IT!
 - Learn the 4 Steps of FLIP IT!
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Objective 1

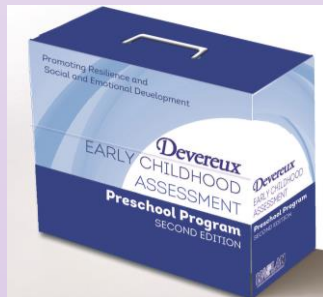
Introduction to Devereux Center
for Resilient Children and the
FLIP IT! approach

Devereux Center for Resilient Children

Devereux Foundation

Devereux Center for
Resilient Children

Devereux
CENTER FOR RESILIENT CHILDREN



Devereux Early
Childhood
Initiative

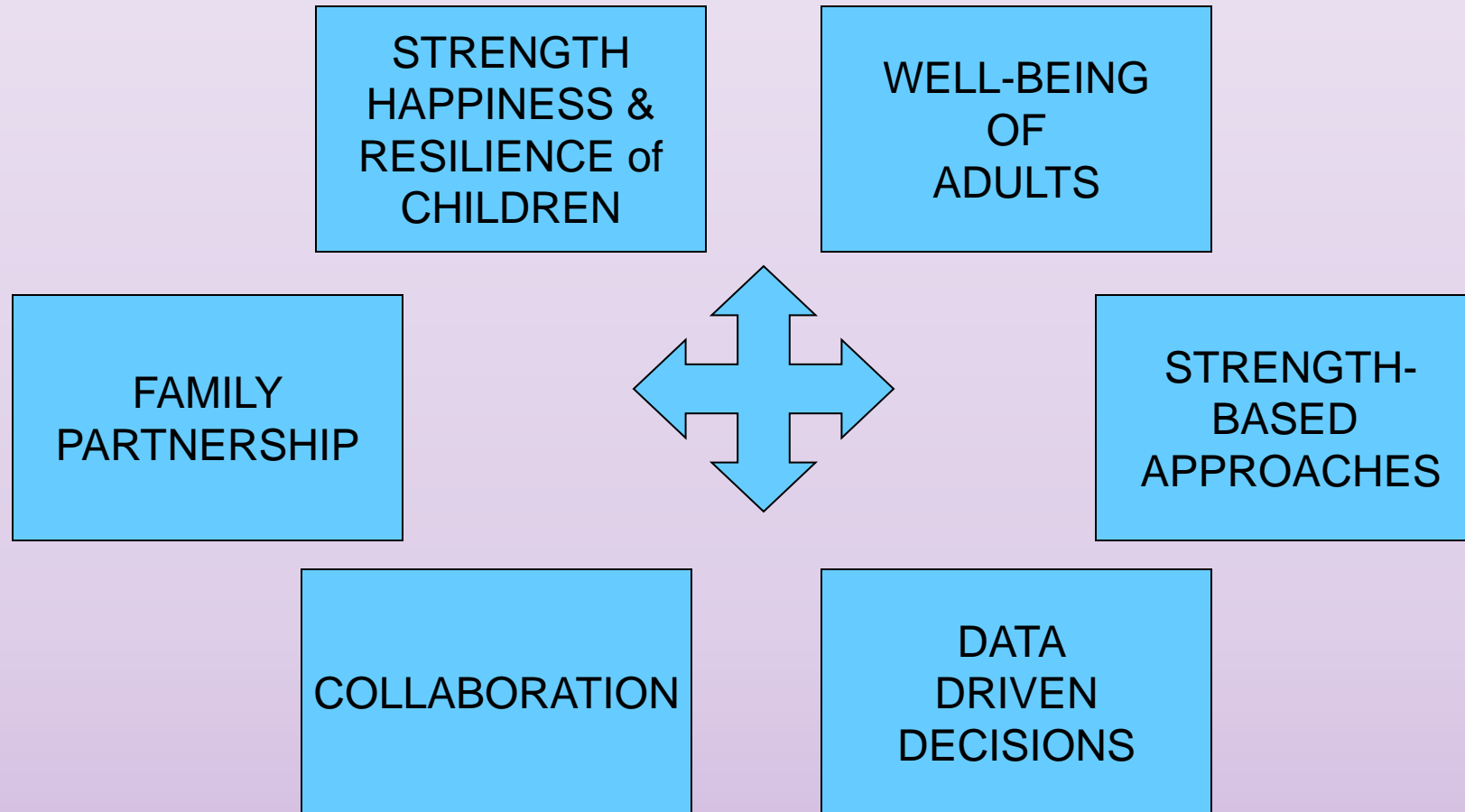


Devereux
School Age
Resilience
Initiative



Devereux Center for Resilient Children

Underlying Principles



<https://centerforresilientchildren.org/home/about-us/dcrc-underlying-principles/>

Social and Emotional Health



Emotional development refers to expression of a child's feelings about herself, others, and the situation she will face in the world around her.

Social development refers to a child's developing capacity to interact and get along with others through relationships.

(from Promoting Resilience in Preschoolers: A Strategies Guide for Early Childhood Professionals, 2012)

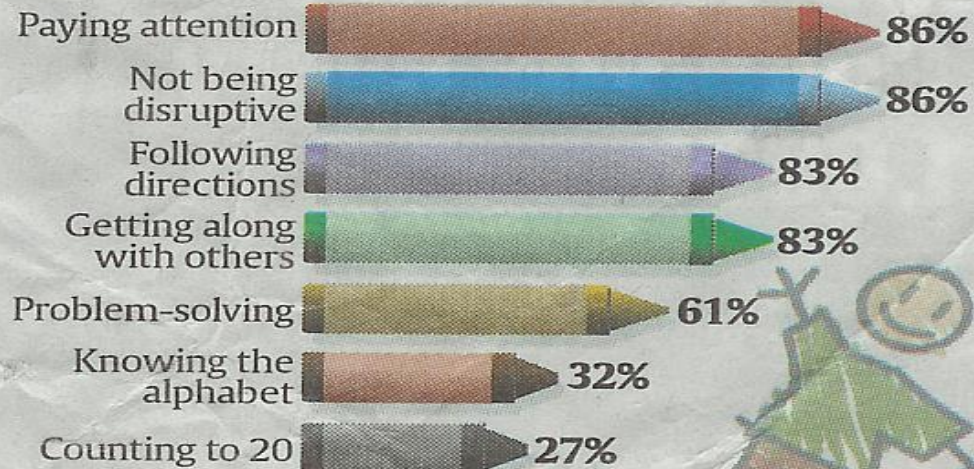
Social and Emotional Health

Is important for young children to grow and thrive!

USA TODAY Snapshots™

Early on, social skills trump smarts

Percentage of 800 kindergarten teachers surveyed who say these skills are essential or very important:



Source: Mason-Dixon Polling for Fight Crime: Invest in Kids

By Julia Neyman and Alejandro Gonzalez, USA TODAY

FLIP IT! Defined



A four-step supportive strategy to help young children 2-8 identify their feelings, learn healthy self-control, and reduce challenging behavior.

It supports the social/emotional
skill development
young children need
to be successful!



FLIP IT!

Can be used as...



- 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

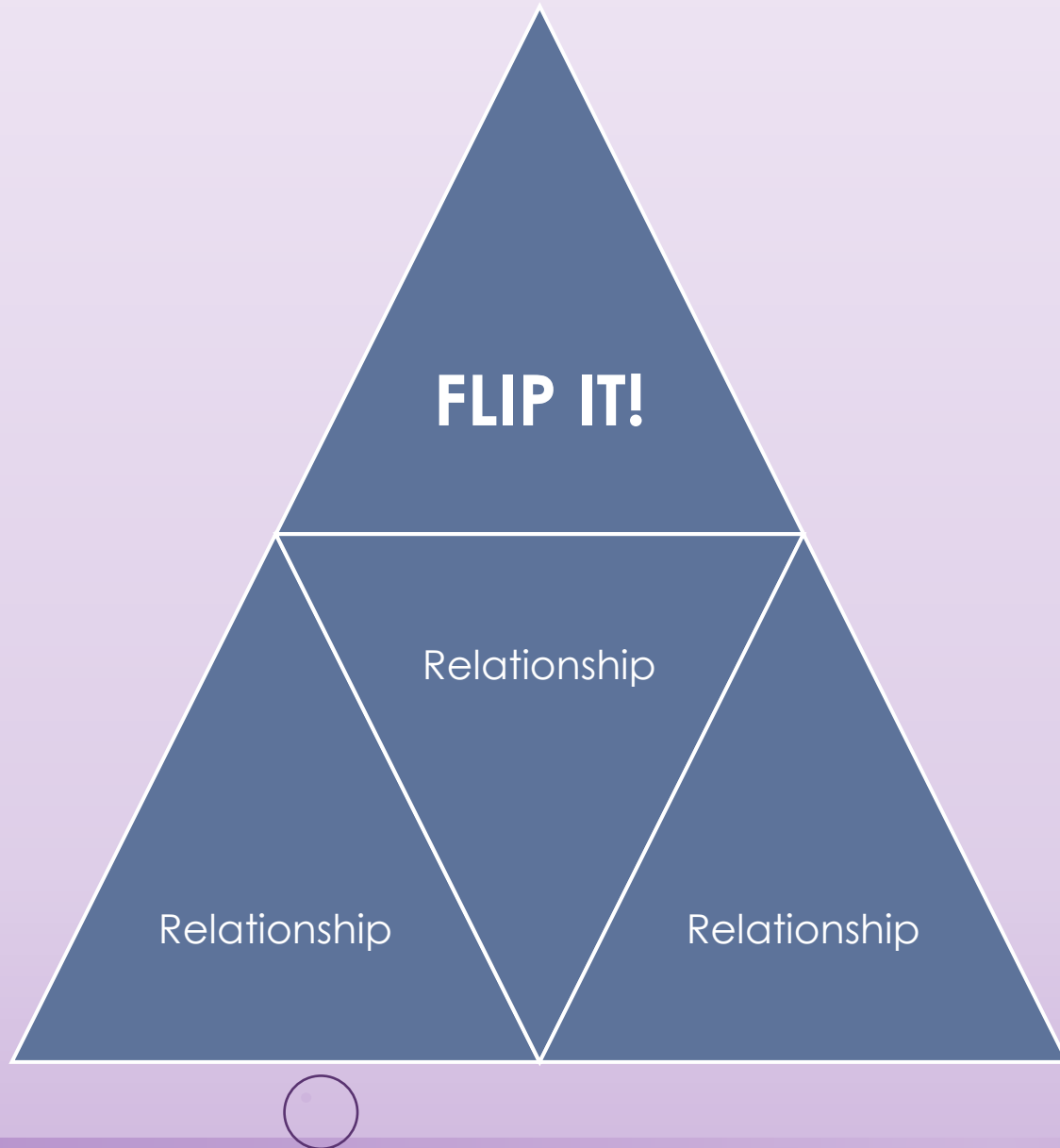
- Best practice made simple
- Strength-Based
- Commonsense
- Effective
- Easy to remember
- Easy to share
- Applicable in a variety of situations
- Four simple steps





Objective 2

Learn the Pre-Requisites to
implementation of FLIP IT!



Relationships are the foundation!

Every strategy is only as good as the relationship it is built on!

FLIP IT! and relationships

- We learn best from people who make us feel safe, valued and understood.
- For a child FLIP IT is the process of learning about feelings and healthy coping skills, and this learning must be facilitated by a safe adult.



WHO MAKES YOU FEEL SAFE?

Reflect on the people in your life that make you feel safe.

What is it about those people that create a sense of safety?

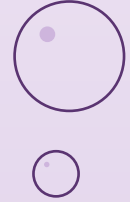
If you feel comfortable, in the chat box share your thoughts...






What do we do to help children feel safe?

Build relationships with them by:


- Playing
 - Reading
 - Listening
 - Providing structure and routines
 - Loving
- 

AND....showing empathy!

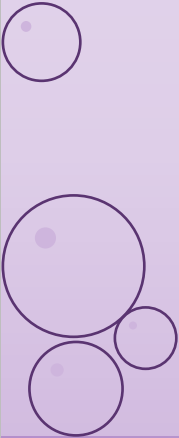




Research tells us the best way to teach empathy to a child is to show empathy to a child



What is EMPATHY?



Empathy is the ability to see and feel from another person's perspective.



Let's let Brene Brown tell us about EMPATHY

<https://youtu.be/1Evwgu369Jw>



**Empathy is the ability to honor
a child-size problem.**

A STORY about a 3-year-old needing
EMPATHY



What makes EMPATHY for children difficult?

- ADULTS have stress too! Especially now with new struggles due to COVID-19 and the state of our nation in pain and suffering
- We need to feel empathy from others and we often don't
- We need to reflect on our current thoughts, feelings, behaviors and manage them appropriately in order to be PRESENT, ATTENTIVE, and EMPATHIC to our children



What else makes empathy for children difficult?

I HEAR: "CHILDREN ARE DIFFERENT!"



IN REALITY:
CHILDREN HAVEN'T
CHANGED BUT
CHILDHOOD HAS!





Our children are living with risk factors in every arena

- WITHIN CHILD RISK FACTORS
 - FAMILY RISK FACTORS
 - ENVIRONMENTAL/SCHOOL RISK FACTORS
- 
- 
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WITHIN CHILD RISK FACTORS

- LOW BIRTHWEIGHT, PREMATURE BIRTH
- SPEECH/LANGUAGE/COGNITIVE DELAY
- MEDICAL NEEDS/DIAGNOSIS
- MENTAL HEALTH DIAGNOSIS



Family Risk Factors

- DIVORCE
- PARENTAL INCARCERATION
- DOMESTIC VIOLENCE
- FAMILY WITH MENTAL HEALTH DIAGNOSIS
- SUBSTANCE USE/ABUSE IN THE FAMILY
- FINANCIAL STRESS/JOB LOSS
- DEATH IN THE FAMILY
- NEW SIBLING



Environmental/School Risk Factors



- POVERTY
- UNSAFE NEIGHBORHOOD
- DISCRIMINATION/RACISM
- NO PUBLIC TRANSPORTATION
- LACK OF RESOURCES
- LACK OF JOBS
- BULLYING
- UNSAFE SCHOOLS

What risk factors are you seeing?

Reflect on the children you serve.
What risk factors do you notice?

If you feel comfortable, in the chat
box share your thoughts...



FLIP IT helps...


Resilience is the ability to bounce back from difficulty, misfortune or change (risk factors)

- The FLIP IT strategy helps children become resilient by teaching them how to cope in times of challenge.

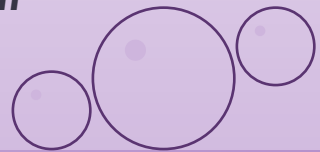

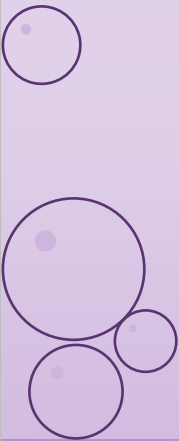




FLIP IT helps build resilience in three critical areas:

- **Attachment/Relationships** - The child's ability to promote and maintain mutual, positive connections with other children and significant adults
 - **Initiative** - The child's ability to use independent thought and action to meet his or her needs.
 - **Self-Regulation** - The child's ability to respond to many different emotions using words and actions that are appropriate for the different situations he/she encounters.
- 

To be resilient and successful in school and life, children need to develop all three of these healthy protective factors. FLIP IT can be a powerful tool for supporting that process.





Objective 3

Learn the 4 Steps of FLIP IT!

Rachel Wagner, Author of FLIP IT!

<https://youtu.be/CEM5RaM9IWE>



FLIP IT!

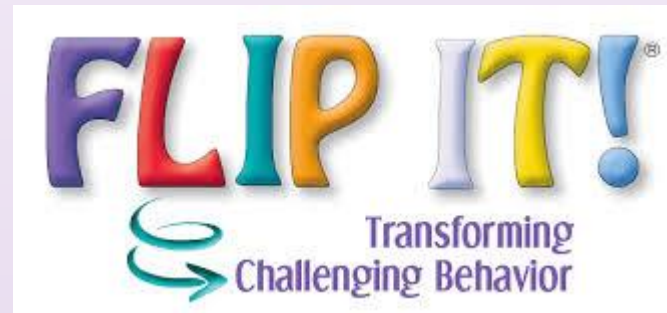
 Transforming
Challenging Behavior



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

Rachel Wagner Sperry, MSW
with the Devereux Center for Resilient Children

The 4 FLIP IT Steps




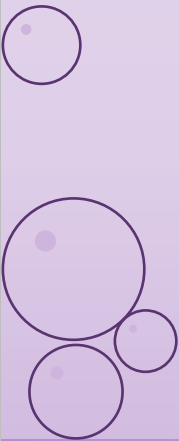
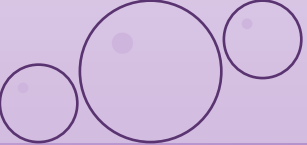
1. **FEEELINGS:** Gently talk with children about their feelings and what you are seeing and hearing as a result of their emotions. Help children identify the root feelings causing the behavior.
2. **LIMITS:** Remind children of the positive limits and expectations you have for their behavior. Loving and simple limits help surround children with a sense of consistency, safety and trust.
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.
4. **PPROMPTS:** Provide creative cues, clues, and suggestions for children having difficulty problem-solving. Enthusiastic, bright ideas can lead the way to better problem-solving skills.

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



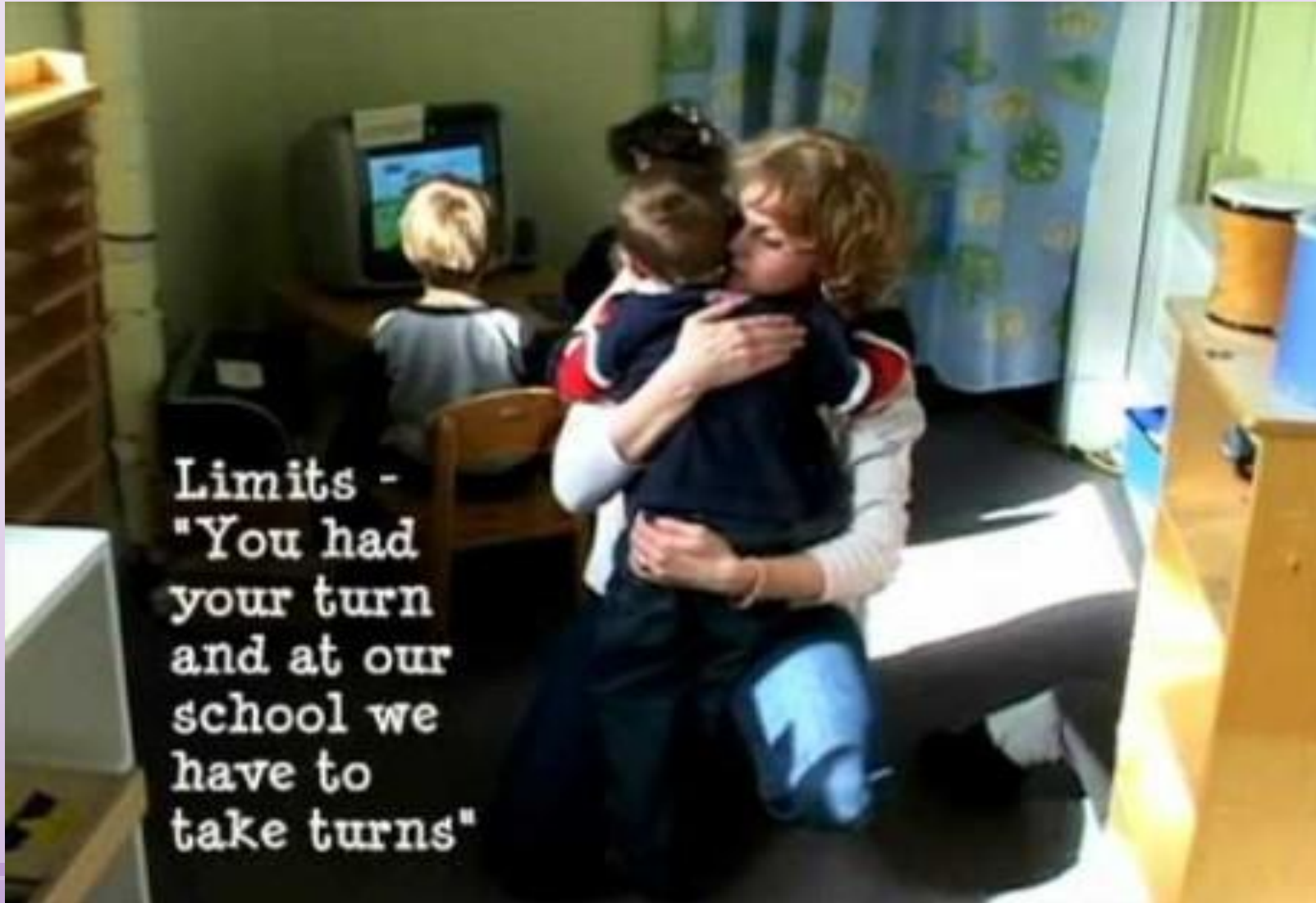


Keep in mind...

- FLIP IT considers the root causes for a child's behavior but does not center on the functional behavioral assessment process.
 - ***For children with more severe behavior issues seek support from a mental health professional.***
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FLIP IT in action video

<https://youtu.be/VSZ2ieeA2CE>





More FLIP IT training opportunities

<https://centerforresilientchildren.org/dcrc-shop/flip-it/>





RESOURCES

ALL OF THE INFORMATION CONTAINED IN THIS POWER POINT WAS BROUGHT TO YOU BY:



RACHEL WAGNER

DEVEREUX CENTER FOR RESILIENT CHILDREN

<https://centerforresilientchildren.org>



Thank you!

For more specific questions don't hesitate to email me: ntmoore@parentchildcenter.org

