



Flexible Thinking

When parents think about things in different ways, children learn to be flexible, too. Flexible thinking helps us to stay calmer and solve problems better.

SHARE “flexible thinking” with your child...

- **Talk about options and offer choices**
 - *“I could have cereal or toast and yogurt for breakfast. I think I will have cereal today. What do you choose?”*
 - *“You can play with the truck here or you can take it to the sand box. Which would you like to do?”*
- **Talk about different ways to look at situations**
 - *“Johnny is playing with Mina right now. That doesn’t mean he doesn’t like you anymore. It just means you will play with him later.”*
 - *“It’s really hard to wait for your cousin. But it gives us a chance to look at the books we got from the library.”*

ASK your child to be flexible...

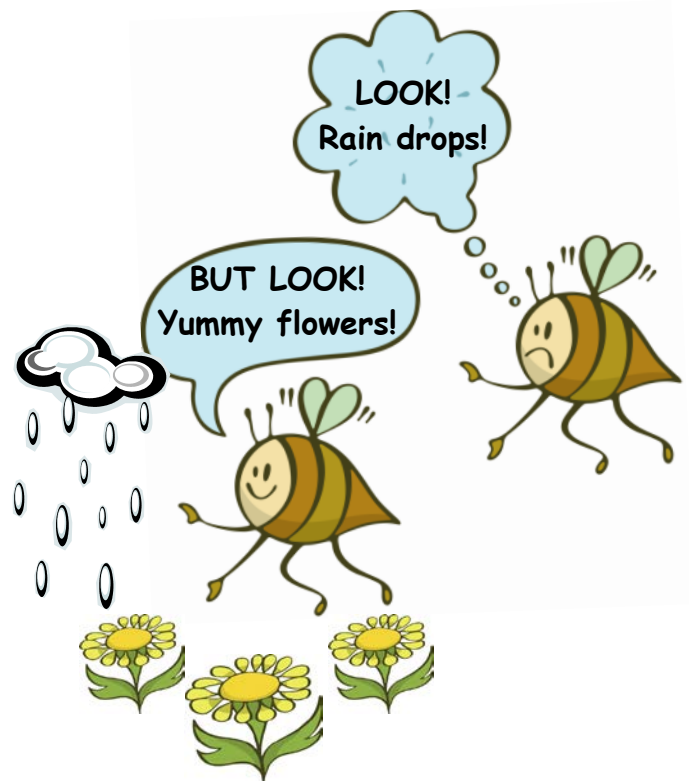
- *What else could you say?*
- *What else could you do?*
- *What could we do different next time?*

PAUSE and THINK of new ways to ...

- Put away the toys
- Walk across the room, to school, etc.
- Play with a ball or other toy
- Use a spoon, etc.

AND babies and toddlers, too!

- Show your baby different things to look at in their environment.
- Hold your baby in different ways to see which way your baby likes best.



More FREE online resources to build your child’s resilience

www.reachinginreachingout.com/parents (videos, books, parent stories, articles, newsletter and more)