

# 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...

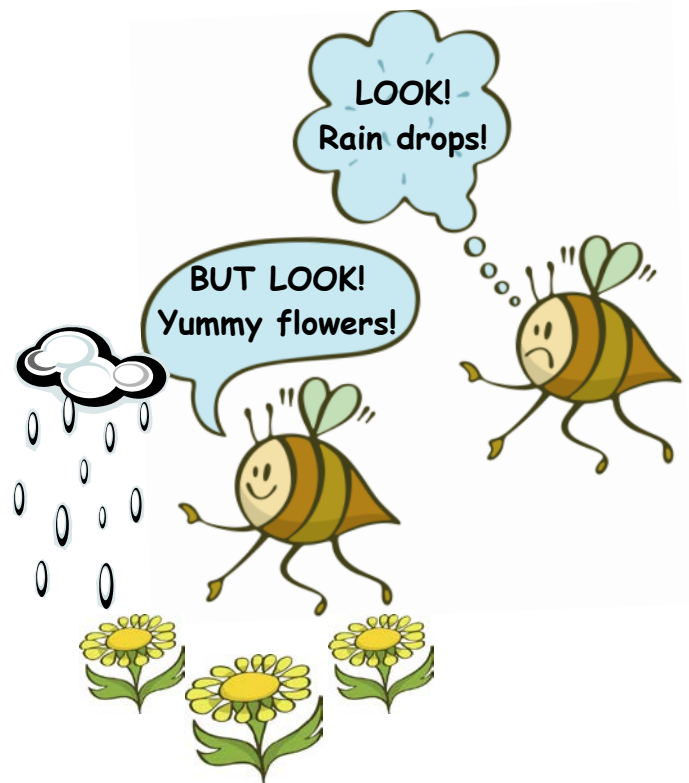
- *What else could you say?*
- *What else could you do?*
- *What could we do different next time?*

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