


# The Parenting Toolkit

Presents:



Many parents face day to day challenges communicating with their children, now more than ever. **FLIP IT!®** is a weekly 1-hour virtual series that meets for 7 weeks to provide tools for parents to increase communication with their children and their families. Facilitated by Arlington County's **Michael Swisher**, the Parent and Community Engagement Specialist, and **Leonardo Espiña**, the Parent Education Coordinator.

**FLIP IT!®** strategies help **parents** to:

- Support the social and emotional development of children
- Learn a strategy that is easy to remember and applicable in a variety of challenging situations

**FLIP IT!®** strategies help **children** to:

- Learn about their feelings
- Gain self-control
- Reduce challenging behavior



Interested in attending?

[Let us know here](#)



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division

