

The Parenting Toolkit

Presents:



Many parents face day to day challenges communicating with their children, now more than ever. **FLIP IT!®** is a weekly 1.25-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



Classes start on Wednesday.
October 20th from 7pm to 8:15pm
Register today.

