



1 2 ALTERNATIVES

to lashing out at your child

The next time everyday pressure builds up to the point where you feel like lashing out ... **STOP!** Try any of these simple alternatives. You'll feel better ... and so will your child.

Take a deep breath ... and another. Then remember you are the adult.

Close your eyes and imagine you're hearing what your child is about to hear.



Press your lips together and count to 10 ... or better yet, to 20.

Put your child in a timeout (remember, one timeout minute for each year of age).



Put yourself in a timeout. Think about why you are angry. Is it your child, or is your child simply a convenient target for your anger?

Take a hot bath or splash cold water on your face.

Phone a friend.

If someone can watch the children, go outside and take a walk.

Exercise. Do some pushups or jumping jacks.

Turn on some relaxing music.

Pick up a pencil and write down as many helpful words as you can think of. Save the list.

Call for prevention information:
1-800-CHILDREN

