

Ten small ways to stop one big problem

The next time everyday pressures build up to the point where you feel like lashing out – STOP!
Here's what you can do instead:

1. Take a deep breath... and another. Then remember you are the adult.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to 10. Or, better yet, to 20.
4. Put your child in a time-out chair. (Remember the rule: one minute for each year of age.)
5. Phone a friend.
6. If someone can watch the children, go out side and take a walk.
7. Take a hot bath or splash cold water on your face.
8. Turn on some music. Maybe even sing along.
9. Pick up a pencil and write down as many helpful words you can think of. Save the list.
10. Call KIDLINE for free, confidential support.

1.800.CHILDREN

Parenting is hard. We can help.

