

Together,



we have the power to prevent child abuse.

prepare • empower • protect

12 Alternatives to Lashing Out at Your Child

The next time everyday pressures build 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.

1. **Press your lips together and count to ten...** Or better yet, to twenty.
2. **Close your eyes and imagine you are hearing what your child is about to hear.**
3. **Take a deep breath...** and another. Think about what is really upsetting you. If you are still feeling angry, try to wait until you are calm to deal with the situation.
4. **Give your child time to settle down.** Let them know they are angry, tired or frustrated and they need a little break to calm down. They can restart the activity once they calm down.
5. **Put yourself in time out.** Think about why you are angry - is it your child or is your child simply a convenient target for your anger? Children often do not know if you had a bad day or are in a bad mood about something else.
6. **Phone a friend.** Let them help you get through this tough and trying time. They may have you feeling better in a matter of minutes.
7. **If someone can watch the children** go outside and take a walk.
8. **Take** a hot bath or splash some cold water on your face.
9. **Hug** a pillow.
10. **Turn on some music** and maybe even sing along.
11. **Pick up a pencil and write down** as many helpful words as you can think of. Save the list
12. **Call the Parent Helpline** for support and information at 1-800-FLA-LOVE.