

Twelve **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. 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 this rule: *one time-out minute for each year of age.*)

5. Put yourself in a time-out chair. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?

6. Phone a friend.

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

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



9. Hug a pillow.

10. Turn on some music. 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 for prevention information:

800-CHILDREN
(800-244-5373)

Source: Prevent Child Abuse America



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Call 800-CHILDREN (800-244-5373) for more information.