

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

**7. Phone a friend.**

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

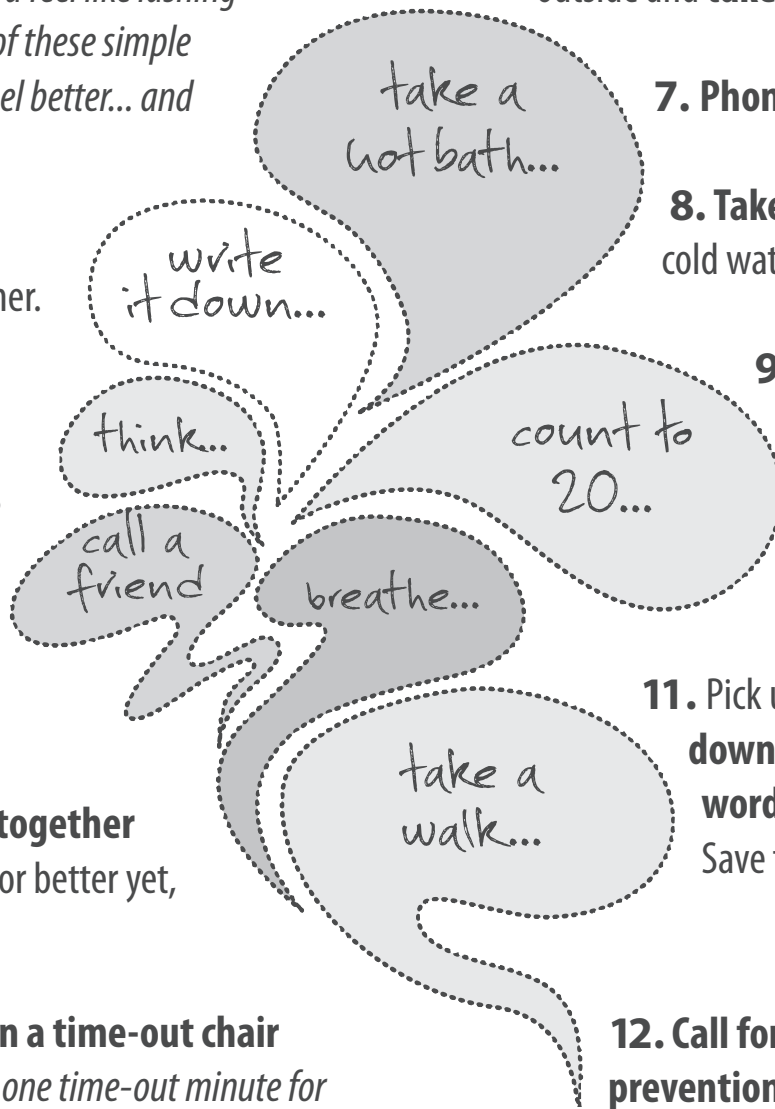
**9. Hug a pillow.**

**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:**

**1-800-CHILDREN**



Source: Prevent Child Abuse America

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1-800-552-7096 Virginia Child Abuse Hotline (language line available)  
800-CHILDREN (800-244-5373) Parent Helpline