

10 Ten Things to Do Instead of Lashing Out at Your Child

1. **Close your eyes** and imagine you're hearing what your child is about to hear.
2. **Press your lips together** and count to 10... or to 20... or to 100.
3. **Put your child in a time-out chair.** Remember: one time-out minute for each year of age. It's a chance for your child to calm down, not a punishment!
4. **Take a deep breath...** and another, keep deep breathing until you calm down. You have lots of skills and you can handle this situation.
5. **Put yourself in a time-out chair.** Think about why you are angry: is it your child, or is your child simply an easy target for your anger?
6. **If someone can watch the children,** go outside and take a walk or go to a porch or patio and breathe fresh air.
7. **Hug a pillow.** Yell at the pillow.
8. **Turn on some music.** Maybe even sing along or dance.
9. **Pick up a pencil** and write down as many helpful words as you can think of. Save the list.
10. **Give yourself a positive message.** Remind yourself of all you do right and how you can handle this situation differently.

