

Ten Things to Do Instead of Lashing Out at your Child

Close your eyes and imagine you're hearing what your child is about to hear.

Press your lips together and count to 10... or to 20... or to 100.

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!

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?

Take a deep breath... and another, keep deep breathing until you calm down. You have lots of skills and you can handle this situation.

If someone can watch the children, go outside and take a walk or go to a porch or patio and breathe fresh air.

Hug a pillow. Yell at the pillow.



Turn on some music. Maybe even sing along or dance.

Pick up a pencil and write down as many helpful words as you can think of. Save the list.

Give yourself a positive message. Remind yourself of all you do right and how you can handle this situation differently.



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Protecting children from abuse

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