

Twelve alternatives when you feel like yelling!

You'll feel better ...and so will your child.

- 1. Take a deep breath. And another. Then remember that 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, 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 to 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. Write for prevention information: National Committee for Prevention of Child Abuse. Box 2866L. Chicago. IL 60690**