

TIPS ON PARENTING

COURTESY OF

NEW JERSEY CHAPTER
National Committee for Prevention of Child Abuse

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When the big and little problems of your everyday life pile up to the point where you feel like lashing out – stop. Take time out. Don't take it out on your kid. Try any or all of these simple 12 alternatives – whatever works for you.

1. Stop in your tracks. Step back. Sit down.
2. Take five deep breaths. Inhale. Exhale. Slowly, slowly.
3. Count to 10. Better yet, 20. Or say the alphabet out loud.
4. Phone a friend. A relative. Even the weather.
5. Still mad? Punch a pillow. Or munch an apple.
6. Thumb through a magazine, book, newspaper, photo album.
7. Do some sit-ups.
8. Pick up a pencil and write down your thoughts.
9. Take a hot bath. Or a cold shower.
10. Lie down on the floor, or just put your feet up.
11. Put on your favorite record.
12. Water your plants.



Take time out.
Don't take it out on your kid.