

Alternatives To Child Abuse

Every parent gets stressed out. The baby is crying ...Tommy has a cold and he's whining because he wants to go out and play ...Suzy is throwing a temper tantrum ... the phone is ringing ... the dog is barking ...your teenager is blasting music that can be heard down the street ... what is a parent to do?

The next time life's everyday pressures build up to the point where you feel like lashing out or worse ... **STOP!**

Try any of these simple alternatives. You'll feel better... and so will your child.

- Take a deep breath... and another, and another, and another. Then remember you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10... counting to 20 is even better.
- Put your child in a time-out chair (a good rule to remember is : one time-out minute for each year of age.)
- 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?
- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow. If it gets really bad - punch the pillow.
- Turn on some music. Maybe even sing along.
- Pick up a pencil and write down as many helpful words as you can think of. Save the list. Even better is keeping a journal. Make sure to date each page you use.
- Call for prevention information

Even when children push all of your buttons ... remember ... they're just children! You are the adult!