



12 Alternatives to Lashing out at Your Child

When the big and little problems of your everyday life pile up to the point where you feel like lashing out, don't take it out on your kids. Try any or all of these simple alternatives.

- 1 Stop in your tracks. Step back. Sit down.
- 2 Take five deep breaths. Inhale and exhale slowly.
- 3 Count to 10. Better yet, to 20. Or say the alphabet out loud.
- 4 Phone a friend or a relative.
- 5 Still mad? Punch a pillow. Or munch on 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 Listen to the radio or your favorite music.
- 12 For more information call the PIRC 24-hour Helpline at 1-800-342-7472 from anywhere in New York State, 24 hours a day, confidential, in English and Spanish.