

- Take a deep breath. 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 ten. Or better yet, count to twenty.
- Put your child in a time-out chair. (Remember the rule: one time-out minute for each year of age.)
- If someone can watch the children, go outside and take a walk.
- Phone a friend.
- 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?
- Take a hot bath or splash cold water on your face.
- Hug a 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.
- Write or call for prevention information:

Prevent Child Abuse  
Rhode Island  
500 Prospect Street  
Pawtucket, RI 02860  
(401) 728-7920  
(401) 724-5850 (fax)

[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

***Stop using words  
that hurt.  
Start using words  
that help.***

# Alternatives to Lashing Out at Your Kids

*The next time everyday pressures build up to the point where you feel like lashing out - STOP!*

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



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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.



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**Rhode Island**