



PREVENT CHILD ABUSE  
**KENTUCKY**

# 12 Alternatives to Lashing Out at Your Kids

Being a parent is hard! There will be times you will feel very frustrated. Frustration is a normal feeling, knowing how to handle your frustration is what counts! The next time everyday parenting pressures build up and you feel like lashing out, STOP. Try one of these simple alternatives. You will feel better and so will your children.

- Take a deep breath. Then another. Remember, you are the adult and you choose how you want to react.
- Close your eyes and imagine you are hearing what your child is about to hear if you lash out.
- Press your lips together, take deep breaths and count to 10. If that is not enough, count to 20.
- Put your child in time-out. Give one time-out minute for each year of your child's age.
- Put yourself in time-out. Think about why you are angry. Are you truly angry at your child or is your child the target for your anger with something else?

- Phone a friend and ask for help.
- If someone can watch your children, go outside and take a walk. Spend some time alone.
- Take a hot bath or splash cold water on your face.
- Hug a pillow.
- Turn on some music. Sing and dance along.
- Pick up a pen and write down your negative feelings. Then wad the piece of paper up and throw it away.
- Call 1-800-244-53736.

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