



COPING TIPS FOR PARENTS AND CAREGIVERS

There is no magic formula for taking care of children. Just when you feel you understand your two-year-old, she will turn three, and you will feel like you are starting all over. This is natural -- but it can also be challenging!

When your nerves are wearing thin, try some of these simple tips.

- ✦ **Put Your Hands Behind Your Back.** This deliberate action helps prevent you from using your hands to threaten or hit your child.
- ✦ **Take a Deep Breath.** Inhale deeply and count to ten. Focus on your breathing and as you exhale, imagine that you are letting out your anger. Repeat this exercise as many times as needed until you feel calm.
- ✦ **Take a Break.** Ask someone you trust to relieve you for a few minutes and take a walk or get away for a short time.
- ✦ **Remove Yourself from the Room.** If you can't leave where you are, get someone to watch the child/children and go into a separate room for at least three minutes and try to cool off.
- ✦ **Write It Out.** Grab a pen and a piece of paper and write everything that comes into your head. Crumple it up and throw it away. This can help alleviate some of the emotions you are feeling and provide you with a way to release them.
- ✦ **Release Pent-Up Energy.** Do some jumping jacks or run up and down a set of stairs to release stress and tension. Be careful, and do not do this if you feel it will frighten your child.
- ✦ **Call a Friend, a Family Member, or a Support Line.** Talk to someone about your situation. Prevent Child Abuse Georgia's confidential Helpline can be reached toll-free at 1-800-CHILDREN (244-5373).



FOR MORE INFORMATION

For more parenting support or information, call our Helpline at 1-800-CHILDREN (244-5373). You may also send an email to: helpline@preventchildabusega.org. Developing healthy coping skills is just one way families and communities can work to protect children and prevent child abuse.

Preventing child abuse is the work of everyone, every day. Join our efforts.