

COPING TIPS FOR PARENTS & CAREGIVERS



There is no magic formula to 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 challenging! When your nerves are wearing thin, try one of these simple tips.

- **PUT YOUR HANDS BEHIND YOUR BACK.**

This will help prevent you from using them to threaten or hit the child.

- **TAKE A DEEP BREATH.**

Count to 10. Imagine that with each deep breath, you are letting out your anger.

- **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.

- **CALL A FRIEND, FAMILY MEMBER, OR SUPPORT LINE.**

Talk to someone about your situation. Prevent Child Abuse Georgia's Helpline can be reached toll-free at 1-(800)-CHILDREN.

- **WRITE IT OUT.**

Take a pen and paper and write everything that comes into your head. Crumple it up and throw it away.

- **RELEASE PENT-UP ENERGY.**

Do 15 jumping jacks, or run up and down a set of stairs. Be careful, and do not do this if you feel it will frighten your child.

Call **1-(800)-CHILDREN** for more information
or to talk confidentially to a counselor.

Or visit us on the web at
www.preventchildabusega.org



Prevent Child Abuse
Georgia