

Your Name Here



Name: _____ Date: _____

When your child's behavior makes you feel angry and frustrated:

- Take ten deep breaths
- Look at the child: tired, hungry, or stressed?
- Change the activity to redirect your child's attention
- Use words to stop the behavior, for example, "No hitting!"
- Stay calm and try to keep your voice at a normal volume.
- Time-out for one minute for each year of child's age
- Make time for yourself. Talk to friends.
- Consider how YOU feel: tired, stressed, etc.
- Look for and praise the child's attempts to do what you ask.

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