



Because I Love You™

Parent and Youth Support Groups

12 ALTERNATIVES TO WHACKING YOUR KID

When the big and little problems of your everyday life pile up to the point where you feel like lashing out – stop. Take a time out. Don't take it out on your kid. Try any or all of these simple alternatives whatever works for you.

1. Stop in your tracks, Step back, Sit down
2. Take five deep breaths inhale exhale slowly, slowly
3. Count to 10 better yet 20 or say the alphabet out loud
4. Phone a friend a relative. Even just to talk about the weather
5. Still mad? Punch a pillow, or munch an apple
6. Thumb through a magazine, book, newspaper, photo album
7. Do some sit-ups
8. Pick up a pencil and write down your thoughts
9. Take a hot bath, or a cold shower
10. Lie down on the floor, or just put your feet up
11. Put on your favorite record
12. Water your plants Take time out.

Don't take it out on your kid

We want to thank you for visiting our site.

We trust you will find the information you received from our Reference Library to be helpful.

We offer a Parenting Skills book explaining our philosophies called "The Program". The cost of the book is \$12.00 (English and Spanish) and your payment is 100% tax deductible. (Please specify language in your order)

For book orders, you may either pay online using PayPal (see our Donations page) or you may send your book orders to: BILY P.O. BOX 2062 WINNETKA, CA 91396-2062. Be sure to include you tax deductible check or money order payable to: BECAUSE I LOVE YOU or BILY.

*Once again, thanks for stopping by the **Because I Love You: Parent and Youth Support Groups** site.*

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