

12 Alternatives To Hitting Your Child

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. Do not take it out on your child. 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 ten, better yet twenty or say the alphabet out loud
- .4 Phone a friend or 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 or 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 music
- .12 Water your plants

