

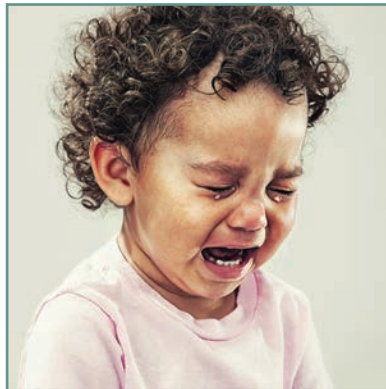
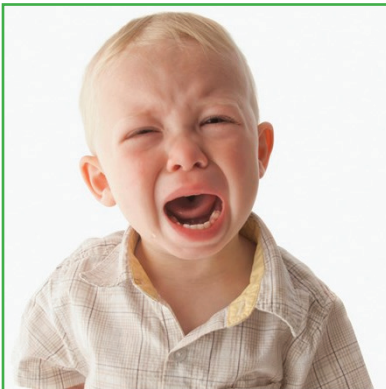
Stay In Control When Your Child Cries

Parents or caregivers who feel they are losing control should *put the child down*. Prevent Child Abuse Illinois has this advice:

- **Calm down.** Relax in a favorite chair. Take several deep breaths. Count to 100.
- **Stop and think about why you are angry.** Is it really the child or is there another reason for your anger?
- **Sit or lie down. Close your eyes for a few minutes. Think of a pleasant place.**
- **Call a friend, relative or neighbor.** Talk about your frustration. Ask if they can come and help.

- **Do something for yourself.** Listen to soft music. Take a shower or bath. Exercise.
- **Write down ten good things about yourself.**
- **Write down ten good things about your child.**

Frustration and anger happen. **Never take anger and frustration out on your child.** *Prevent* hurting your child. **Call Parent Help Line.** Trained volunteers talk to parents every day. They will help you calm down. They will remind you how much you love your child.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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