

Holding Things Together Under Pressure

How to Keep Your Cool

When you get angry at your child, yelling can make the situation worse. Next time your child makes you angry or stressed—**Stop, Exit, and Think:**

- ➔ **Stop!** When you're about to get angry, stop talking and breathe, before you say or do something you'll regret later.
- ➔ **Exit!** Leave the situation. Put your child somewhere safe like a crib or someone else's arms. Take a few moments to calm down
- ➔ **Think!** Think calmly about the situation. Decide how to deal with the situation before you return to your child.

Some things you can do to cool down:

- ✓ Exercise
- ✓ Clean the house
- ✓ Write down your feelings
- ✓ Talk to someone you trust
- ✓ Read a book or listen to music
- ✓ Call a helpline
- ✓ Think of an activity you can do with your kids later

