

SAFE kids **HEALTHY** kids
HAPPY kids

Brought to you by
Parent Help Line



Stay in Control When Your Child Cries

Parents or caregivers who feel they are losing control should *put the baby or small 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.

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.