

## **THINGS FOR PARENTS AND CAREGIVERS TO DO WHEN ANGRY**

- **STOP** – Take time out to calm down and reflect. Remember, you are the adult. Close your eyes and imagine you are hearing what your child is about to hear.
- If someone can watch the children, go for a walk or a run. Work off your frustration through exercise; Take a hot bath; or splash cold water on your face.
- Put yourself in a time-out chair. Think about why you are angry. Is it your child, or is your child simply a convenient target for your anger?
- Talk with someone else about your feelings...call a friend or a helpline.
- Turn on some music...dance or sing along; watch TV or read a book.
- Turn negative energy into something productive...clean house, do yard work or tackle some other job you've been putting off.
- Write your feelings down on paper.

### **REMEMBER:**

**Anger is a normal human feeling.  
You just need to know how to manage that feeling.**

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