

## Alternatives to Lashing Out at Your Child

**Take a deep breath...and another. Then remember you are the adult.**

Close your eyes and imagine you're hearing what you child is about to hear.

**Press your lips together and count to 10... or better yet, to 20.**

Put your child in a time-out chair (remember this rule: one time-out minute for each year of age.)

**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.**

Phone a friend.

**If someone can watch the children, go outside and take a walk.**

Take a hot bath or splash cold water on your face.

**Hug a pillow.**

Turn on some music. Maybe even sing along.

**Pick up a pencil and write down as many helpful words as you can think of. Save the list.**

Call for prevention information:  
1-800-CHILDREN .

### NC Governor's Crime Commission

1201 Front Street, Suite 200  
Raleigh, NC 27609

Phone 919-733-4564

Fax 919-733-4625

Website: [www.ncgccd.org](http://www.ncgccd.org)

NC Governor's Crime  
Commission

Prevent Child Abuse  
America

## Prevent Child Abuse Tips for Parents and Communities



To report child abuse contact your local law enforcement agency or:  
1-800-CHILDREN

GET INVOLVED NORTH CAROLINA. OUR CHILDREN NEED YOUR HELP TO LIVE A SAFE AND HEALTHY LIFE.

## TEN WAYS TO HELP PREVENT CHILD ABUSE

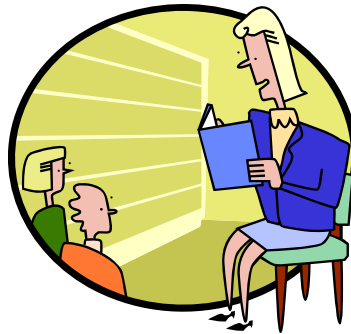
**Be a nurturing parent.** Children need to know that they are special, loved and capable of following their dreams.

**Help a friend, neighbor or relative.** Being a parent isn't easy. Offer a helping hand: take care of the children so the parents can rest or spend time together.

**Help yourself.** When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control—

**If your baby cries. It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby—shaking a child may result in severe injury or death.**

**Get involved. Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.**



**Help develop parenting resources as your local library.**

**Promote programs in school.** Teaching children, parents and teachers prevention strategies can help to keep children safe.

**Monitor your child's television and video viewing.** Watching violent films and TV programs can harm young children.

**Volunteer at a local child abuse prevention program.** For more information about volunteer opportunities, contact Prevent Child Abuse America at 1-800-CHILDREN.

**REPORT SUSPECTED ABUSE OR NEGLECT. If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local law enforcement agency or 1-800-CHILDREN.**