

# Staying Positive While Parenting Tips

## If you have a flare of anger, give yourself a 30-second break to calm down.

- ◆ As long as your child is safe, look away.
- ◆ Take a couple of deep breaths and let them out slowly.
- ◆ Open your hands wide and shake them.
- ◆ Yawn to relax your jaw.

## Try these suggestions to help yourself relax.

- ◆ Close your eyes and take a few deep breaths.
- ◆ Sit in a chair and breathe slowly and deeply.
- ◆ Repeat silently a saying that brings you comfort.
- ◆ Do yoga or stretching exercises.

## If you feel overwhelmed, give both of you a 15-minute break. Place your baby in the crib, walk out of room, then

- ◆ Eat a healthy snack.
- ◆ Do a relaxing or stress-relieving activity.
- ◆ Do an aerobic exercise like dancing or running in place.
- ◆ Lie down with a cool cloth on your forehead.
- ◆ Take a shower.

## Don't try to parent alone. Get support.

- ◆ Talk to a friend or family member.
- ◆ If you can't calm your anger, ask someone to take care of your child so you can get away for 15 minutes.

If you are afraid for your  
child's safety or worry you could  
hurt your child, call the Contact Hotline  
**315-251-0600**

