



EXHAUSTED?



FRUSTRATED?



STRESSED?



ANGRY?

IT'S NORMAL. BUT DON'T TAKE IT OUT ON A CHILD.

All babies and children cry, all toddlers tantrum, and all children argue. A crying or tantruming child can be stressful. A teenager can challenge adult's patience.

You need to have a plan.

A plan will help you stay calm if you've tried everything and your child is still crying, or you feel you are at a breaking point.

Ask about creating a personal safety plan.

DO YOU HAVE A PLAN?