

## CHILDREN



**EXHAUSTING**



**EXASPERATING**



**FRUSTRATING**



**STRESSFUL**

**IT'S NORMAL**

# HAVE A PLAN

All babies and children cry, all toddlers tantrum and all children argue. A crying or tantruming child can be stressful. A teenager can challenge parents' 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. The plan will change as your child grows. These calming activities can be part of your plan:

- 1 Breathe. Take five deep breaths to help reduce feelings of anger and tension.
- 2 Place your child in a safe place and walk 10 feet away until you have calmed down.
- 3 Talk to someone. Call a friend or a relative who will listen and be caring.
- 4 Go for a walk with your child. A walk around the block can help calm both of you.
- 5 Take a break. Consult your plan.

## MY PLAN

When I am feeling overwhelmed, stressed, angry, and/or exhausted while caring for my child, I will:

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### IMPORTANT



#### **Share your plan**

Share your plan with everyone who cares for your child and display it in a visible place. Encourage your child's other caregivers to develop their own plan. Make sure they know that physically taking out frustrations on an infant or child can cause lasting injuries and even death. Tell them to call you anytime if they become frustrated or have concerns.

#### **Remind yourself that you are doing the best you can**

You can't always make a baby stop crying or control a child's temper. When you've tried everything, and you don't know what else to do, give yourself a pat on the back for trying.

**If you need help or are at a breaking point, call the 24-hour crisis line at 1.800.584.3578 or chat with them at [www.carecrisischat.org](http://www.carecrisischat.org), or call 911**

**Or Call the toll-free Parent Trust Family Help Line at 1.800.932.HOPE (4673) and receive help and support from a trained Family Help Line Coach.**