



I'm a really good parent, but sometimes...

...my kids drive me crazy. I feel lonely, trapped and depressed. I need someone to listen to me. I lose control and hit or scream at my child.

If you feel you may lose your temper and hurt your child:

- Make sure your child is safe:
 - In his crib
 - In her time-out chair (one minute for each year of age)...and *you* go to another room where you can cool down.
- Change the activity that you and your child are doing. Take your child outside for a walk, read a book or play a game together.
- Think about how your child will feel if you say what you are about to say Will it help or hurt the situation?
- Take several deep breaths and count to 20 before you say or do anything else.
- **NEVER** shake a baby. If the crying is getting on your last nerve, it's OKAY to place your baby face up in the crib and walk away for 5 to 10 minutes. Find someone to talk to. Calm down.

Then check on your baby.

Speak up for all Kids!

- If you suspect a child is being abused or neglected, make it your responsibility to report it.

Reporting or admitting abuse does not destroy a family. It gets family members the help they need and helps protect children from further harm. You could be saving a life.

To make a report in Pennsylvania, call ChildLine, toll-free, 24 hours/day at 1-800-932-0313.

- Reach out to stressed parents by offering to babysit and helping with household chores. Parents often just need to hear that they are doing a good job. You can help by being supportive and listening to their concerns.

Call for help **1-800-4-A-CHILD** **(1-800-422-4453)**

They will:

- Listen to you
- Answer your questions
- Offer advice and support
- Direct you to supportive services in your area

We all want to do a good job of parenting. Here are some ways to do that:

- 1) Take care of yourself.** Get enough exercise and rest, eat right, and take time for yourself.
- 2) Talk with family and friends and share your concerns.** Connect with other parents and learn from them.
- 3) Talk to your child's doctor.** There may be a medical reason for your child's difficult behavior.
- 4) Talk to your doctor.** There may be a medical explanation for the way you are feeling such as postpartum depression. Follow through on recommended treatment.
- 5) Ask for help when you need it.** Have your partner, friend, neighbor or relative watch your child while you take a break. Make sure you choose a mature, responsible person to babysit.
- 6) Learn more about parenting.** Books, magazines and the internet are filled with information about raising children and can help you make sense of their behaviors. Go to **www.childhelp.org** for more information.



Is it your child or are you really stressed about something else?

Whatever the reason, keep your child safe.

Disciplining a child by hitting doesn't work and teaches them to be violent.

Stop yourself before you hurt your child.