12 Alternatives To Hitting Your Child

When the big and little problems of your everyday life pile up to the point where you feel like lashing out – stop. Take a time out. Do not take it out on your child. Try any or all of these simple alternatives . . . whatever works for you.

.1 Stop in your tracks, Step back, Sit down

.2 Take five deep breaths, inhale, exhale - slowly, slowly

.3 Count to ten, better yet twenty or say the alphabet out loud

.4 Phone a friend or a relative, even just to talk about the weather

.5 Still mad? Punch a pillow or munch an apple

.6 Thumb through a magazine, book, newspaper or photo album

.7 Do some sit-ups

.8 Pick up a pencil and write down your thoughts

.9 Take a hot bath or a cold shower

.10 Lie down on the floor or just put your feet up

.11 Put on your favorite music

.12 Water your plants