

You are your child's first teacher!!!

6 Steps to Cool Down

1. Take a deep breath. And another. Then remember, **you** are an adult.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to ten. Or better yet, to 20.
4. Phone a friend.
5. Turn on some music, maybe even sing along.
6. Drink a glass of cold water.

6 Steps to Teach a Child Discipline

1. Teach self-control by your example.
2. Set routines for bedtime, meals and chores.
3. Explain reasons for your rules.
4. Try to understand your child's feelings.
5. If your child breaks a rule, control your anger.
6. Compliment your child often.

Help Your Child to a Better Self-Image...

1. Recognize improvement and effort, not just accomplishment.
2. Listen and talk with children in a respectful way.
3. Your children are never too old to hear "I Love You."
4. Allow your children to share household chores. It makes them feel competent.
5. Take care of yourself. Children learn by watching you.

Values Are Caught– Not Taught

1. Be enthusiastic about new experiences– your child will be, too.
2. Laugh with your child every day.
3. Encourage your child to put himself/herself in another's place– he/she will learn empathy.
1. Express feelings in words– not in displays of anger.
2. Let children know what who they are is more important than what they do.

If you're ever feeling overwhelmed as a parent and would like to talk to someone, here are some resources for you.

- Parental Stress Hotline: (800) 632-8188 Open 24 hours a day, 7 days a week. Provides support and referrals for parents with children of any age, as well as for other family members, caregivers, friends and relatives.
- Committee Against Domestic Abuse: (800) 477-0466 Open 24/7 Provides crisis intervention, support, and referrals to women and children who are experiencing violence in the home. www.inspire-hope.org
- One Tough Job: www.onetoughjob.org This is a great website for parents wanting information on parenting tips (by age), discipline, and how to cope with stress.