

# Staying Positive While Parenting Tips

## If you have a flare of anger, give yourself a 30-second break to calm down.

- ♦ As long as your child is safe, look away.
- ♦ Take a couple of deep breaths and let them out slowly.
- ♦ Open your hands wide and shake them.
- ♦ Yawn to relax your jaw.

## Try these suggestions to help yourself relax.

- ♦ Close your eyes and take a few deep breaths.
- ♦ Sit in a chair and breathe slowly and deeply.
- ♦ Repeat silently a saying that brings you comfort.
- ♦ Do yoga or stretching exercises.

## If you feel overwhelmed, give both of you a 15-minute break. Place your baby in the crib, walk out of room, then

- ♦ Eat a healthy snack.
- ♦ Do a relaxing or stress-relieving activity.
- ♦ Do an aerobic exercise like dancing or running in place.
- ♦ Lie down with a cool cloth on your forehead.
- ♦ Take a shower.

## Don't try to parent alone. Get support.

- ♦ Talk to a friend or family member.
- ♦ If you can't calm your anger, ask someone to take care of your child so you can get away for 15 minutes.

