



Kalamazoo CAN
(269) 552-4430
www.KalamazooCAN.com

12 Alternatives to Hitting Your Child

Sometimes child rearing can seem like an overwhelming job. If you are tempted to hit your child, for any reason, consider these 12 easy alternatives first:

1. Stop in your tracks. Step back. Sit down.
2. Take five deep breaths. Inhale. Exhale. Slowly.
3. Count to 10. Better yet 20. Or say the alphabet out loud.
4. Phone a friend. A relative. Even the weather.
5. Still mad? Punch down a pillow. Or munch an apple.
6. Thumb through a magazine, book, newspaper or photo album to distract your mind.
7. Do some sit-ups or deep-breathing exercises.
8. Pick up a pencil and write down your thoughts.
9. Ask someone else to watch your child while you take a hot bath or a cold shower.
10. Lie down on the floor. Just put your feet up.
11. Put on your favorite record album or CD.
12. Ask for help from someone you trust. *We all need help sometimes.* Don't be shy!

~~To learn more about child discipline and child abuse, visit the "Resources" section of our website at www.KalamazooCAN.com. Or call our office at (269) 552-4430.~~

Important: If you suspect a case of child abuse or neglect, please call Child Protective Services immediately at (269) 337-5046. Don't wait. Make this confidential call now.