



## THINGS FOR PARENTS AND CAREGIVERS TO DO WHEN ANGRY

- ▶ **STOP**---Take time out to calm down and reflect. Remember, you are the adult. Close your eyes and imagine you are hearing what your child is about to hear.
- ▶ If someone can watch the children, go for a walk or a run. Work off your frustration through exercise; Take a hot bath; or splash cold water on your face.
- ▶ Put yourself in a time-out chair. Think about why you are angry. Is it your child, or is your child simply a convenient target for your anger?
- ▶ Talk with someone else about your feelings...call a friend or a helpline.
- ▶ Turn on some music...dance or sing along; watch TV or read a book.
- ▶ Turn negative energy into something productive...clean house, do yard work or tackle some other job you've been putting off.
- ▶ Write your feelings down on paper.

**REMEMBER:**  
**Anger is a normal human feeling.**  
**You just need to know how to manage that feeling.**

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