

12 alternatives to hitting your child

- ☺ Have a cold drink. Think before you act.
- ☺ Take five deep breaths. Inhale. Exhale. Slowly. Slowly.
- ☺ Count to 10, best to 20 slowly. Or say the alphabet out loud.
- ☺ Phone a friend, or a relative.
- ☺ Still mad? Punch a pillow/have an apple.
- ☺ Thumb through a magazine, newspaper or watch TV.
- ☺ Do some gentle exercises
- ☺ Write down the problem.
- ☺ Take a hot bath. Or cold shower.
- ☺ Lie down and relax with your leg raised.
- ☺ Put on your favourite music.
- ☺ Water your garden.

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