

Think HALT

Feeling mad or frustrated?

**Afraid you might hurt your child or do something rash?
Whenever you feel out of sorts, think HALT.**

Hungry? Eat something—an apple, a sandwich, or the meal you have prepared.

Angry? Accept your angry feelings, but don't act them out. Count to 10. Take a few deep breaths. Your angry feelings will pass, and things will get better.

Lonely? Call a friend. Take your child and visit a neighbor. Be with people who care about you.

Tired? Put your child in the crib or other safe place. Sit with your feet up and relax for a few minutes. Or take a hot bath. Or forget about chores and go to bed early.

Think HALT.

It reminds you to take care of yourself and can prevent you from doing something you might regret later.

