

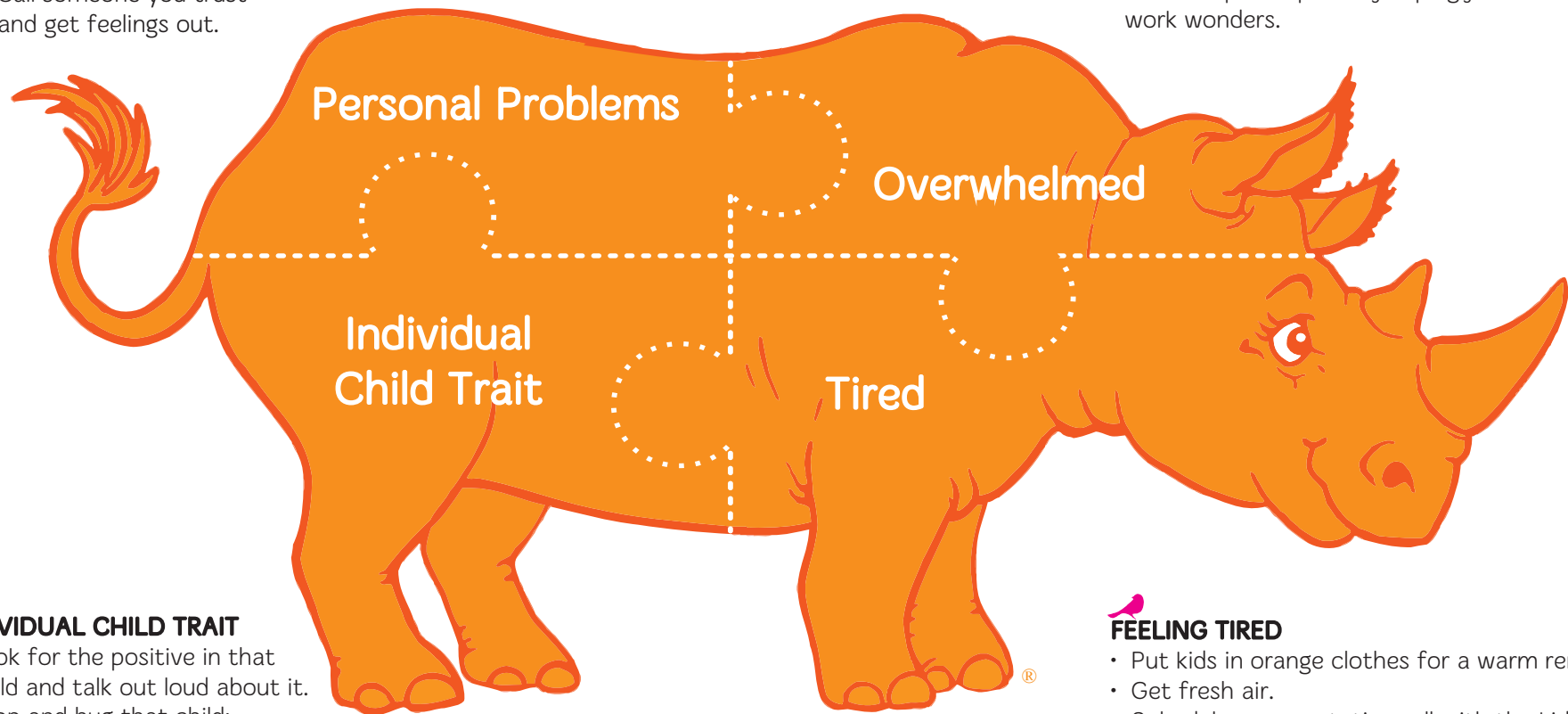
Tips to Manage 4 Main Triggers

PERSONAL PROBLEMS

- Tell yourself, "I am not mad at the kids, I am frustrated by...." Then direct energy at solving that problem.
- Express emotions in child-appropriate manner and say you need space.
- Call someone you trust and get feelings out.

FEELING OVERWHELMED

- Tell yourself to go one moment at a time.
- Take a short break for "me-time."
- Exercise; push-ups and jumping jacks work wonders.



INDIVIDUAL CHILD TRAIT

- Look for the positive in that child and talk out loud about it.
- Stop and hug that child; enjoy some positive time together.
- Empathize. Remind yourself that we are all human and not perfect and we all just want to be accepted.

FEELING TIRED

- Put kids in orange clothes for a warm reminder.
- Get fresh air.
- Schedule a preventative yell with the kids (i.e. run outside at park screaming).