

## How to deal with temper tantrums:

- Distract or redirect your child's attention to something else.
- Use a sense of humor to distract your child. This may help you cope, too
- Give your child control over small things by giving him or her a choice.
- Take your child to a quiet place and speak softly to him or her.
- Encourage your child to express emotions and feelings with words.
- Stick to a daily routine that gives your child enough rest and enough activity.
- Reward your child when he or she requests something without having a tantrum



## Build a Support Network:

- **Get to know your neighbors.** Develop friendly relationships with your neighbors and their children and grandchildren. Make your neighborhood your extended family. People feel better and safer, and problems seem less overwhelming, when support is nearby. It is easier to share your joys and your worries if you know your neighbors.
- **Help a family under stress.** If a family you know seems to be in crisis or under stress, offer to help — offer to baby-sit, help with chores and errands, or suggest resources in the community that can help the family such as pastors, community leaders, teachers, and doctors.
- **Reach out to children in your community.** A smile or word of encouragement can mean a lot, whether it comes from a parent or a passing stranger.
- **Get involved in a local school.** Join the parent-teacher organization and attend school events. Even if you don't have school-aged children, you can mentor a child at your local school or become a Big Brother or Big Sister.
- **Keep your neighborhood safe.** Start a Neighborhood Watch and plan a local Town Meeting that brings together neighbors, local businesses, firefighters, police, and others. You can get to know each other by holding special events, and help keep your neighborhood and children safe.

*Information provided by:  
National Clearing House on Child Abuse and  
Neglect*

# Child Protection Is A Family Affair



**Family Violence Unit  
Health Social Services  
322-4999**

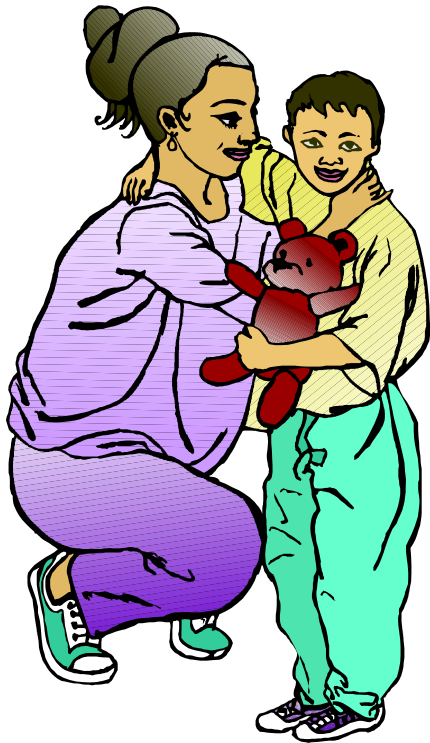
**The Crisis Centre  
328-0922**

[www.bahamascrisiscentre.org](http://www.bahamascrisiscentre.org)

## Help Your Children Feel Loved and Secure:

We can all take steps to strengthen our relationships with our children, including:

- Make sure your children know you love them, even when they do something wrong.
- Encourage your children. Praise their achievements and talents. Recognize the skills they are developing.
- Spend time with your children. Do things together that you both enjoy. Listen to your children.
- Learn how to use nonphysical options for discipline. Many alternatives exist, including "time-out".



## 50 ways to show love to your family

1. Say, "I trust you."
2. Meet eyes when you speak.
3. Say "please" with your requests.
4. Say "thank you."
5. Speak kindly to your child.
6. Cheer proudly for your kid.
7. Keep confidence.
8. Discipline in private.
9. Let your "no" mean no.
10. Let your "yes" mean yes.
11. Ask, "Do you want to talk?"
12. Listen. Listen. Listen.
13. Be ready to be there.
14. Make free time.
15. Allow mistakes.
16. Laugh out loud.
17. Ask, "How can I help you?"
18. Give and respect privacy.
19. Welcome your child's friends.
20. Say, "I'm proud of you."
21. Set boundaries.
22. Give clear expectations.
23. Set attainable goals.
24. Say, "I'm sorry," and ask forgiveness when wrong.
25. Tell the truth.
26. Smile.
27. Ask, "How do you feel about...?"
28. Be home when they are home.
29. Give freedom.
30. Create rules together.
31. State limits and consequences clearly.
32. Acknowledge feelings.
33. Ask for ideas and suggestions.
34. Celebrate success.
35. Laugh when you are happy.
36. Cry when you are sad.
37. Explain why you are angry.
38. Accept responsibility.
39. Use a soft voice.
40. Hug often.
41. Notice your child being good.
42. Make "I love you" the last thing you say every night.
43. Say, "Good morning!" cheerfully every morning.
44. Stop what you are doing and listen.
45. Wish your child a "great day" when off to school.
46. Keep your promises.
47. Say "I love you." often
48. Punish with love, not anger
49. Give yourself a "timeout" when angry to avoid saying hurtful things
50. Don't shout!