



parenting without violence

www.weekwithoutviolence.ywca.org.au

We all know that child-rearing is not an easy task, but hurting a child is never the solution. Child abuse affects the whole community, not just the child and family involved. An abusive childhood can leave a lifetime of physical and emotional scars. If you know of someone hurting their children or if you yourself occasionally lose your temper, consider these anger management ideas.

What can I do?

- Don't be afraid to ask for, or offer, help
- Give yourself a break & put some distance between you and your child - stop, take time out, water the garden, go for a walk
- Get some childcare, check out local supports – women's/men's groups, neighbourhood houses, parents' groups – a friend or a neighbour
- Take ten deep breaths or splash cold water on your face
- Phone a friend to let off steam
- Consider why you're angry in the first place
- Put yourself in your child's shoes
- Practice calmer ways of getting your message across

Where can I find out more?

NAPCAN is an Australian organisation that works to prevent child abuse. For more information about their activities and policies, visit their website www.napcan.org.au or phone 02 9211 0224.

Relationships Australia believes that relationship enhancement and support need to be seen as an investment in Australia's long-term security and stability & provide a range of services to support this mission. To find out more, or to get assistance, visit www.relationships.com.au or look under Relationships Australia in your local White Pages.

**Imagine a week of open minds not closed fists
– let's make it a reality**

