



Family Outreach

Serving North Dallas, Richardson & Collin County

If You Are Losing Control

- Count backwards from 50.
- Use time-out.
- Think before you speak.
- Take a deep breath and try to relax.
- Let your anger out in other ways.
- Call someone who cares about you.

When You Regain Control

- Talk with your children about their behavior.
- Practice listening and talking to your child.
- Respect your children and treat them courteously.
- Encourage your child often with phrases like: "I believe in you" and "I can see a lot of progress".
- Tell your children often that you love them.
- Pay attention when your child talks to you.
- Call and register for a parenting class at Family Outreach!



building better families

www.familyoutreach-northtexas.org | 972.633.6713