

When the big and little problems of your everyday life pile up to the point where you feel like lashing out, don't take it out on your kids.

Help us bring about awareness and protect our most precious gift... our children!

*See Something Wrong*

*Do Something Right*

*Text "NCIS" + your tip info to CRIMES (274637)*

*Web [www.ncis.navy.mil](http://www.ncis.navy.mil)*

*Report information about any contact or circumstance that could pose a threat to the security of U.S. personnel, resources, classified information, or controlled unclassified information to the Naval Criminal Investigative Service.*



24/7 ANONYMOUS TIP SUBMISSION

TEXT • WEB • SMARTPHONE APP

The NCIS mission is to investigate and defeat criminal, terrorist, and foreign intelligence threats to the United States Navy and Marine Corps, wherever they operate, ashore, afloat, or in cyberspace.



## Every Child Counts!

It's time to raise awareness about child abuse and exploitation and create strong communities to support children and family.

# 12 Alternatives to Lashing Out at Your Child

- Take a deep breath...and another. Then remember you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10...or better yet, to 20.
- Put your child in a time-out chair (remember this rule: one time-out minute for each year of age).
- Put yourself in a time-out chair. Think about why you are angry; is it your child, or is your child simply a convenient target for your anger?

The next time everyday pressures build up to the point where you feel like lashing out – STOP! Try any of these simple alternatives. You'll feel better... and so will your child.



- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow.
- Turn on some music. Maybe even sing along.
- Pick up a pencil and write down as many helpful words as you can think of. Save the list for future use.
- Call for prevention information:  
1-800-CHILDREN