



## Family Education & Support Services

Supporting Families...Strengthening Communities

1202 Black Lake Blvd. #B Olympia, WA 98502 360-754-7629 or visit us at [www.FamilyEducationAndSupport.org](http://www.FamilyEducationAndSupport.org)

### Tips

#### How to help ease tension in a public place

- If a parent is having difficulties with a child, strike up a conversation with the adult to divert attention away from the child.
- Try to get the child's attention by talking to him or her.
- Avoid negative remarks or looks. These can increase the parent's anger and make matters worse.
- Praise the child and parent at the first opportunity.
- If a child is left unattended, stand by the child until the parent returns, or contact a nearby employee.
- If the situation is violent, or if a child is in danger, call 911.

#### How to cool down in a moment of anger

- Take a few deep breaths. Remember, you are the adult.
- Close your eyes and imagine what your child is about to hear.
- Press your lips together and count to 10.
- Put some space between you and your child.
- Turn on some music and sing along.
- Drink a glass of cold water.
- Call a friend.

#### How to help in the community

- Volunteer with a non – profit, school or faith community partner.
- Donate funds to help agencies like ours continue to offer support groups and parenting programs.
- Random acts of kindness. Pay for someone's gas, or grocery bill. Open a door, carry a bag, or offer a smile to reduce the tension we all experience every day.

**There are two lasting bequests we can give our children-  
one is roots the other is wings".** 