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Give yourself a chance to relax and reach out.

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Parenting is not easy.

The next time a child is a source of stress, frustration or anger, PAUSE.

Take a moment to calm down before reacting to a child. Remember that it is normal to feel negative emotions while parenting, and you are not alone.

Believe in yourself. No one is a perfect parent and we all need encouragement and help sometimes.

Ask for assistance from family and friends when you need it.

Report abuse, ask questions or find support at:

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Special thanks to SCAN (Stop Child Abuse Now) for Pause Campaign use.

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