

# Reflect



The next time your child makes you angry, stop. Think before you react.

Remember, your children learn by watching you.

Parenting is not easy.

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

# Reflect.

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.
- Seek out parent support groups, workshops or playgroups where you can share your challenges and find support. Visit [jfs.ohio.gov/OCTF](https://jfs.ohio.gov/OCTF).



## Ohio Children's Trust Fund

*Ohio's Prevent Child Abuse America Chapter*

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