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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.

Seek out parent support groups, workshops or playgroups where you can share your challenges and find support. Visit **www.jfs.ohio.gov/OCTF**

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