

# CHILDREN



**EXHAUSTING**



**FRUSTRATING**



**STRESSFUL**



**EXASPERATING**

**IT'S NORMAL  
BUT DON'T TAKE IT OUT ON A CHILD**

# HAVE A PLAN

# MY PLAN

When I am feeling overwhelmed, stressed, angry, and/or exhausted while caring for my child, I will:


## IMPORTANT

### **Share your plan**

Share your plan with everyone who cares for your child and display it in a visible place. Encourage your child's other caregivers to develop their own plan. Make sure they know that physically taking out frustrations on an infant or child can cause lasting injuries and even death. Tell them to call you anytime if they become frustrated or have concerns.

### **Remind yourself that you are doing the best you can**

You can't always make a baby stop crying or control a child's temper. When you've tried everything, and you don't know what else to do, give yourself a pat on the back for trying.

**If you need help or are at a breaking point, call the 24-hour crisis line at 1.800.584.3578 or chat with them at [www.carecrisischat.org](http://www.carecrisischat.org), or call 911 Or Call the toll-free Parent Trust Family Help Line at 1.800.932.HOPE (4673)**

Adapted from Have a Plan, 2004, Parent Trust for Washington Children

Adopted by Children's Hospital & Regional Medical Center, WA State DSHS, 2005, and Snohomish Health District, 2014