

# Laughter. Maybe your kids are on to something.



Rethink your reaction when stress gets the better of you.

Keeping a sense of humor can help you manage pressure or anxiety – and grow closer to your kids too.

**Rethink**  
**Your Reaction**

Laugh • Talk • Ask

RethinkYourReaction.org

A campaign to promote safe and healthy family interaction

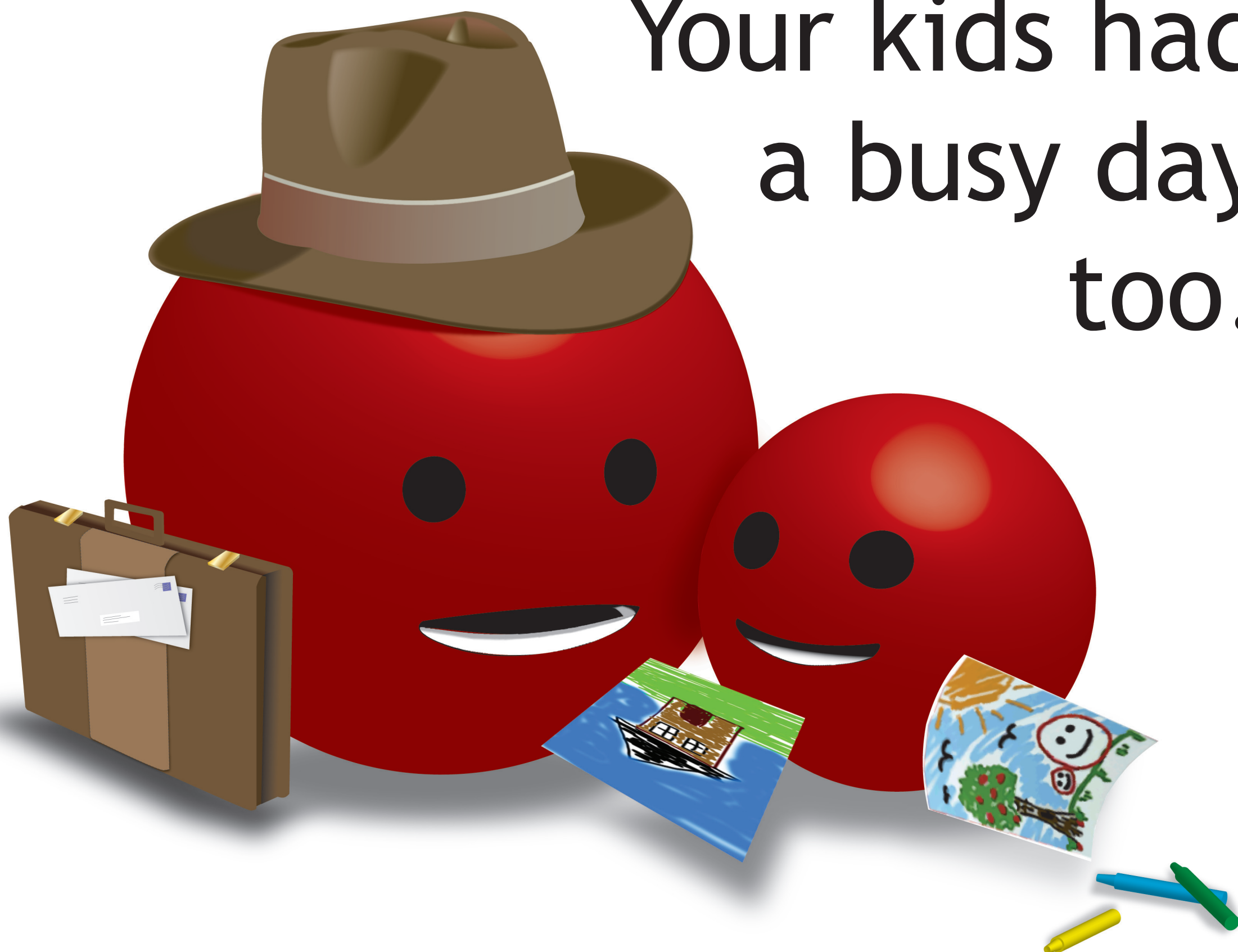
**Child Abuse Resource and Education**

**308-865-5675**

**Family Resource Council**

**308-237-4472**

# Your kids had a busy day too.



Rethink your reaction when stress gets the better of you.

Taking time to talk with your kids will make a big difference in their lives – and yours too.

## Rethink Your Reaction

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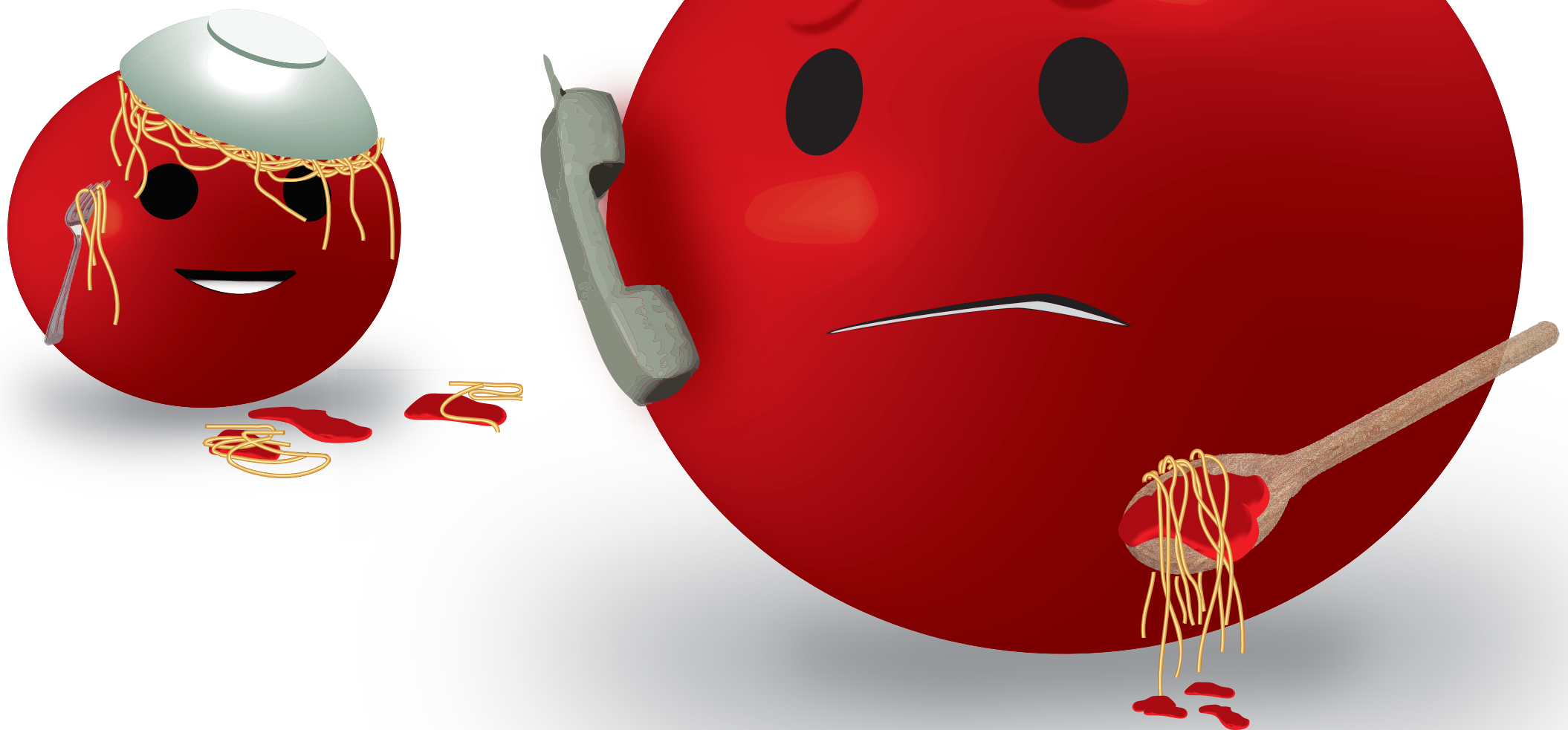
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# Ever wish kids came with instruction manuals?



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the better of you.

Knowing when to ask for help is an  
important part of being a good parent.

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