

Stress happens

Raising kids, managing a household and keeping up with other responsibilities can be a challenge. Day-to-day stress can pile up until it becomes hard to cope.

It's easy to let stress affect your relationship with the ones you love. Kids are especially sensitive to moods, words and actions. Step back, take a deep breath, and rethink your reaction when stress gets the better of you.

You can stay on top of it

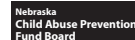
As a parent, it's important to find healthy and positive ways to handle pressure. Take time to talk with your kids, ask for help when you need it, and keep a healthy sense of humor.

Laugh, talk and ask. They're not just great ways to stay balanced and positive when life gets tough. They're great ways to build a stronger family too.

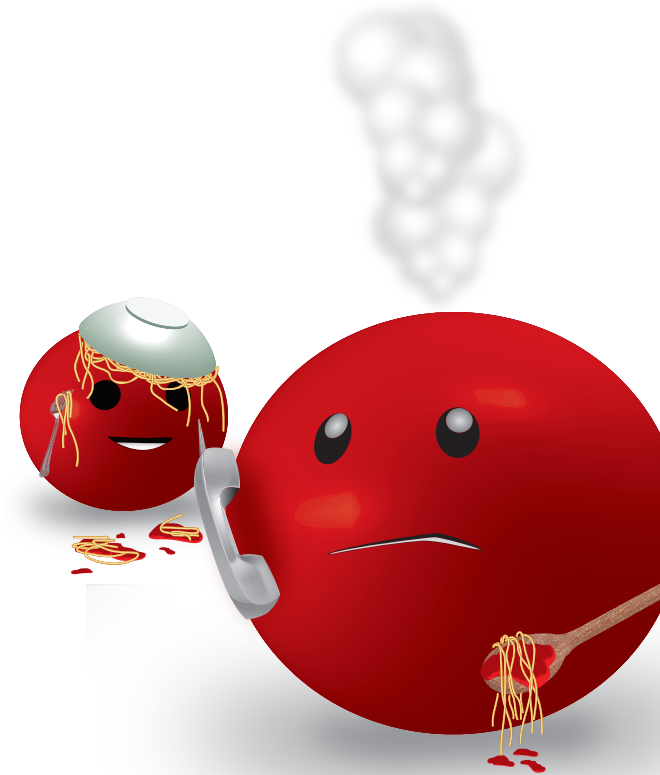
Rethink
Your Reaction
Laugh • Talk • Ask
RethinkYourReaction.org

A campaign to promote safe and healthy family interaction

Child Abuse Resource and Education
308-865-5675
Family Resource Council
308-237-4472



Parenting... It's one tough job



Rethink
Your Reaction
Laugh • Talk • Ask

Parenting may not be the easiest job.

But it's one of the most rewarding.

Keep Laughing

A sense of humor can really help you and your kids relate to one another. Kids love to laugh, and when parents join in the fun, humor can bring families closer together.

Rethink your reaction when stress wears you down. Humor helps families deal with difficult situations and manage frustration or anxiety. Keeping an open mind can help you make humor a part of your family routine. A little laughter can go a long way.

Keep Talking

It's easy to get caught up in work and never make time for what's really important – like connecting with our kids.

Rethink your reaction when stress starts to come between you and your kids. Find time each day to talk. Showing you care about what happens during the time you and your kids spend apart can make a big difference in their lives — and yours too.

Keep Asking

You don't have to feel like you are on your own when it comes to raising your kids. Reaching out for help or advice is good parenting.

Rethink your reaction when the stress of raising a family leaves you at a loss for ideas or answers. Think about who you can ask for support. Teachers, doctors, other parents and family members can be a great resource. In many cases, they're just a phone call away.

