

RETHINK

RETHINK: bring your feelings under control

- 👤 **R**ecognize your feelings.
- 👤 **E**mpathize with your child.
- 👤 **T**hink of the situation differently. (Try using humor.)
- 👤 **H**ear what your child is saying.
- 👤 **I**ntegrate your love with your angry thoughts.
- 👤 **N**otice your body's reactions to feeling anger and to calming down.
- 👤 **K**eep your attention on the present problem.



American Academy of Pediatrics