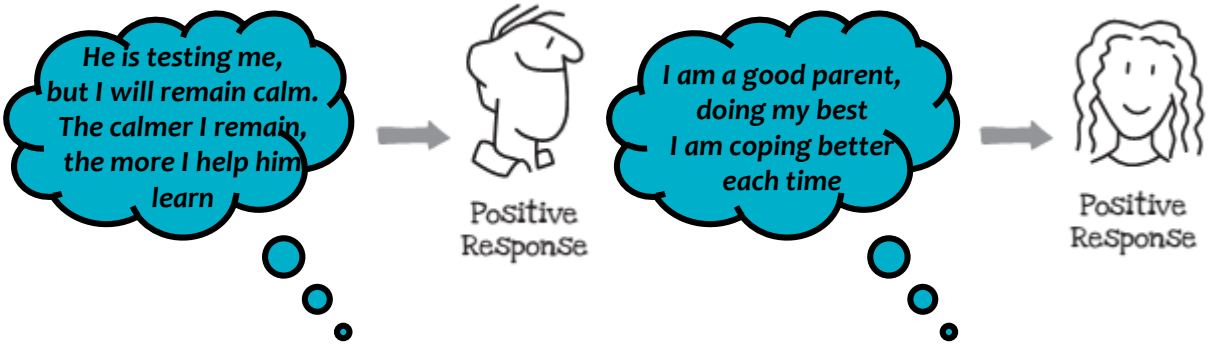
Remaining Calm by Thinking Positively

When we react angrily or in an upset way to our children's challenging behaviour, it is usually because we are thinking negatively about what is happening. One way to change this is to learn to change our thinking and to try to think more positively.

1. Become aware of your negative thoughts so that they don't take over.

2. Change how you are thinking about a situation and to have a more positive view, which in turn will lead you to having a more positive response.



3. Practice thinking positive thoughts by writing them down as an affirmation so that you will remember them in a difficult situation.

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems. Parents wishing to attend a Parents Plus course should contact local services such as their Mental Health Services, Primary Care Team, Family Resource Centre, School or Childcare Committee who may have more information. www.parentsplus.ie.