

# A CAREGIVER'S PROMISE

**I promise to make a difference in the life of my child(ren).**

Some of the things I can do include:

- I will listen to my child when they are having a difficult time.
- I will set realistic expectations for the age of my child.
- I will take a breath or count to five before I react to my child's behavior.
- I will accept help when offered when I need support.
- I will help my child name, understand and manage their feelings.
- I will try different strategies to manage my child's behavior.
- I will work on staying calm when my child is having a meltdown.
- I will take time for myself to recharge.
- I will reach out to friends and family when I need support.
- I will model the behavior I want from my child.
- I will give my child at least 5 minutes of my undivided attention.
- I will seek help or resources when needed.
- I will remember that tomorrow is another day.

Write your own promises:

- I will \_\_\_\_\_
- I will \_\_\_\_\_
- I will \_\_\_\_\_



For more information, visit  
[preventchildabusewi.org](http://preventchildabusewi.org)  
or [fiveforfamilies.org](http://fiveforfamilies.org).



**Children's**  
Wisconsin



**Prevent Child Abuse**  
Wisconsin

**Together, we can prevent child abuse, Wisconsin...** *Because childhood lasts a lifetime.*