

## Tip of the Day

### Sometimes it is Okay to Take a Time Out!

As a parent or caregiver, when you are feeling overwhelmed with your children and their emotions (or yours), it is okay to take a 2 minute time out to regroup. Constant supervision is certainly an important factor in responsible care for children, but everyone has their limits. In fact, it is better for you to take 2 minutes to sit in a room by yourself and breath, while your child is safe in their room or a play pen than to let your emotions get the best of you.

As long as the child in your care is safe and you stick to no more than 2 minutes away, taking a moment to get a grip can do wonders for your mood. If you can't snap out of it, read about the benefits of music!