

**NEW PERSPECTIVES ON
PARENTING
SUMMER BOOSTER**

***HOW TO STOP YELLING
AT YOUR KIDS FOREVER***

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WHY IS YELLING AT YOUR KID(s) AN ISSUE?

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The Plant



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- **Did it make you cringe ?**
- **Did you feel bad about yourself?**
- **Did you feel angry at the person?**
- **Did you want to lash back?**
- **Did it harden your heart?**

**When we are yelling at our kids
we don't see their point of view**

We are angry!

**But our kids will eventually
harden their hearts
and tune us out**

If you want your child to behave better.....

- you have to spend less time yelling
- more time connecting...
-
- Keep your child connected so you have more influence rather than pushing him away by yelling or criticising
- This is all based on research

Don't kids need discipline?

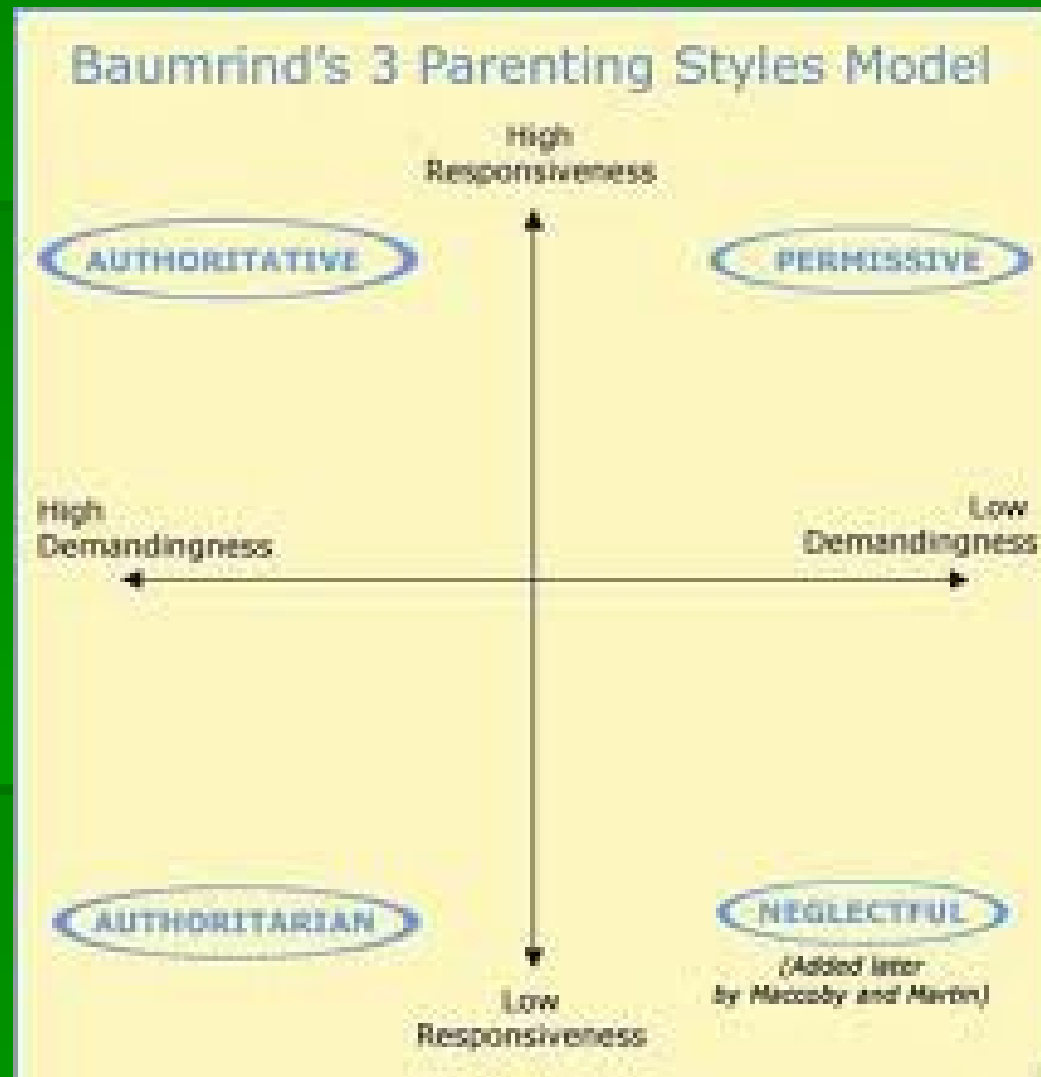
Don't they need safety of knowing
what is expected of them?

Isn't it right to enforce limits and teach
them to be responsible?

YES!

You can do all that without being
a strict parent and without yelling

Research



AUTHORITARIAN PARENT



High Expectations

Low Empathy

PERMISSIVE PARENT

Low Expectations

High Empathy



NEGLECTFUL PARENT

LOW EXPECTATIONS

LOW EMPATHY



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LOVING AUTHORITATIVE



HIGH EXPECTATIONS

HIGH EMPATHY

THE FACTS

Children Are More likely to accept expectations equal to the support they receive

They need help with processing emotions so they can stay calm rather than yelling at you.

They experience respect and feel better about themselves when their parents listen to what's important to them

Parents need to help them find win-win solutions

The Relationship Comes First

- Rules are Not as Important as the
- See your child positively
- They know what we think of them by the way we act and through our body language

**HOW IN THE WORLD DO WE
REGULATE OUR ANGER IN
GENERAL AND IN THE HEAT
OF THE MOMENT ?**



**HOW DOES
STRESS IMPACT
OUR ABILITY TO
MANAGE OUR
EMOTIONS?**

DAN SIEGLE



WHAT ARE YOUR TRIGGERS?

KIDS ARE STRESSED TOO

- **Sleep Issues**
- **Longer in care and in school home, the more stress hormones**
- **They feel like they are always pushed around and having to do developmental tasks**
- **Sibling rivalry**
- **Mum and Dad stressed out**
- **Their temper tantrum has caused a reaction**
- **Lack of Routines**

WHAT KIDS NEED TO LESSEN THEIR STRESS

- Sleep
- Running around outdoors
- Oxygen
- Touching (oxytosin)
- Acknowledge their Emotional needs (before they flip their lid)
- Parents need to be calm and in charge
- The needs to feel loved and accepted for who they are
- Control and power



**“I love
you and
value
you
exactly
as you
are”**

ANGER IN KIDS NAME IT AND TAME IT!



MIRROR NEURONS



SEE IT FROM THE CHILD'S POINT OF VIEW

- **Be curious not furious**
- **Remember that most of a kid's anger comes from an underlying fear... this is true of all mammals it is a fight or flight reaction**

WHAT IS UNDER OUR ANGER?

FEAR

Defenses

Inadequacy

Hurt

Catastrophising

What is the story?

(expand the story...emotions come from thoughts)

TRAPPED DOG

- How much pain fear or helplessness would you have to feel before you become verbally/physically aggressive?
- Can you see the child's perceptions?
- Can you find the pain or the fear that drives his or her aggression?
How would you feel?



SAY WHAT YOU SEE

- <http://www.youtube.com/user/languageoflistening>

MORE MANTRAS

- *Today I let go of judging, complaining or criticizing and yield to and move with the flow of every event throughout my day*
- *Today I wake up and yield to each moment. I can handle each moment unfolding, no matter what it brings!*
- *I don't judge or create a story in my head about everything I see or experience, I just let each moment be there to teach me!*

DAILY MANTRAS

- *What really matters is my child's emotional development in the long term*
- *I can just be here for my child with love... love never fails*
- *I can set a limit and STILL stay calm*
- *This is about ME not him (lack of sleep angry at spouse)*
- *The most important thing is his emotional development in the long run*



- BREATHE
It's not an emergency
- HALACCHIAC
- Use your frontal lobe
You know you are going to yell - walk out
and calm down
- Deep breaths
- Lowered voices de-escalate your own anger



YOUR COURAGE
YOUR CHEERFULNESS
YOUR RESOLUTION

WILL BRING
US VICTORY

The GIFTS You Receive

- **Because you are motivated by the love for your children**
you do the hard work
and....
- Your kids will have the chance to grow in ways maybe you did not
experience as a child
 - Your child will not be yelling at their children
(your grandchildren)
 - Great news for the human race

**IF IT IS NOT AN
EMERGENCY.....**

- **IS THERE EVER
ANY REASON TO
YELL AT YOUR
KIDS?**