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ALTERNATIVES TO YELLING AT YOUR KIDS

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BEAR IN MIND:

YOUR CHILD'S BEHAVIOR IS NOT A PERSONAL ATTACK

- Approach any misbehavior calmly and without anger
- Firmly state the expected appropriate behavior

YOU ARE THE GROWNUP

- Children want rules and boundaries
- Adjust expectations to the changing maturity of your family.

YOUR ROLE DURING CONFLICT

Deescalate:

- You are called to diffuse strong emotions
- Speak softly but firmly, remain calm
- Restore order quickly
- Return to normal

YOUR ROLE TO AVOID CONFLICT

Consistency:

- Have a few simple, fixed rules
- Enforce these **consistently**
- State the rules as "what we do" rather than "don't do"
- Have a few simple, fixed consequences

INSTEAD OF YELLING:

- State the broken rule clearly and calmly
- Do not respond to arguments or any attempt to talk you out of "being in trouble"
- State the consequence clearly and calmly
- Deliver the consequence and do not engage in discussion or negotiation
- Once consequence has been received, go back to normal life.

Think like a law enforcer. Misbehavior is a broken rule and that is all. Don't take misbehavior personally.