



PARENTING WITHOUT YELLING

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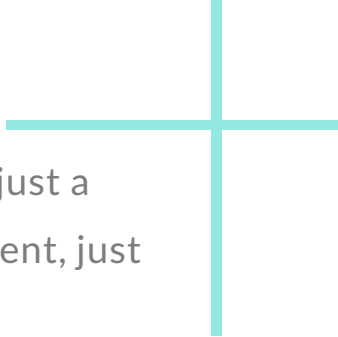
PARENTING WITHOUT YELLING

I remember being a child and getting very very sad when I was yelled at. Deep down, I would feel anguished and that really hurt me. I always had in my mind that I wanted to, somehow, take on parenting without yelling. This was something I was very positive I was going to achieve.

It's just so easy to imagine that you can do it better than your parents did, or other people do. But when it's finally your turn, you realize it takes a village. *Parenting is a lot harder and more complex than it looks.*

SOMETIMES WE MAKE MISTAKES, EVEN IF WE'RE TRYING TO DO THE RIGHT THING

When my oldest son was about 12 months old, he started throwing toys and doing things that, in my mind, were completely unacceptable. I wanted to start teaching him from that age that his behavior could not be tolerated. I wanted so much to make sure that my kid was going to be obedient, that I yelled at him many times for things that were so simple and that would not affect his character when he became a grown up.



The thing I was failing to understand, was simply that he was just a child! I was the adult and my job was to teach him to be obedient, just as much as to be kind and gentle with other people.

Was I doing that? No! Heck, I wasn't.

The best way to teach someone is by example, and the example I was setting at that time, was of an impatient, intolerant, authoritarian, and harsh mother. (I also want to point out that I was pregnant with my second child, which made my hormones go crazy and my mood swings were all over me).

My husband and I decided to try a different approach and be more patient with him. He deserved our respect and we had to set a good example. Since then, we've had many highs and lows, but at least we became more intentional about setting an example of patience and kindness. I guess this is what every parent wants.

It's ok if I made mistakes or if you made mistakes. We were simply trying to do the right thing. We were simply trying to show them that it's not ok to be disobedient, disrespectful, and misbehave. Ultimately, we were just trying to make sure they will grow up to become decent people, who can love and be kind to their neighbor.

HERE ARE 7 ACTIONABLE STEPS TO HELP YOU MAKE THE BIG CHANGE AND START PARENTING WITHOUT YELLING

Just remember one thing. This doesn't mean that you will never ever yell again! It might happen if you're really stressed out. It might happen if you have a terrible day.

I know that every time we lose our temper and end up yelling, *we're filled with guilt*. It sucks!

But when that happens, remember one thing: when the day is over and the sun rises the next morning, a new opportunity will also rise with it. An opportunity to make the right decision, take better action and teach with love and kindness.

Like in Proverbs 31:26:

“When she speaks, her words are wise,
and she gives instructions with kindness.”

Don't beat yourself up. You're only human. Just wipe the slate clean and start over, willing to be the kind mama on Proverbs 31.

#1. MAKE THE ULTIMATE DECISION TO START PARENTING WITHOUT YELLING AT YOUR KIDS

The first and most important actionable step you can take in order to make this big change is the decision to start parenting without yelling! Once you make the decision and your heart and mind are willing to make the effort, you're more likely to be successful.

This won't be an easy ride. Once you've been yelling and correcting your child with anger for any length of time, it becomes a little hard to let go of the habit. But practice makes everything easier to be achieved!

If you have setbacks, (which you will if you're a normal human) don't beat yourself up. I will repeat it: wipe the slate clean and start over. The next steps will help you a lot in following through with your decision. They're great tools to help keep your mind, heart and body focused on acting with kindness and love.

#2. WHEN A SITUATION (IN WHICH YOU WOULD NORMALLY YELL) ARISES, TAKE A DEEP BREATH

When something makes us really angry, our first instinct is to act with anger, obviously. But remember you just made the decision to take on parenting without yelling? To teach with kindness instead?

Yeah, so take a deep breath as you reflect on that decision. Even take two if needed!

And think about how following through will benefit you and your child, not only today but also in the long run! Taking that deep breath will help you calm down and organize your thoughts to follow the strategies we're gonna talk about here!

So don't skip it.

#3. REFOCUS YOUR CHILD'S ATTENTION ON YOU

Once you have your thoughts in place and are ready to take action, get your child to refocus their attention on you and not on what was causing the problem.

If you have a young child, remove them from the scene that's causing the whole situation. Or if what's triggering the problem is an object, remove it. This will end the situation, but might also make your child angry or frustrated.

Stay calm and move on to the next step!

If your child is a little older and "removing them from a situation" just doesn't apply anymore, ask them to walk with you to a more private location (if you're in public) or to a place where you like to talk (if you're home).

And again, move on to the next step.

#4. EMPATHIZE WITH YOUR KIDS

Think about how you'd feel if that was you! I know you're an adult and you probably wouldn't care if someone took your plastic fire truck. What I mean is, if we try to see the situation with the innocent eyes and heart of a child, we'll probably see beyond what our eyes can physically see.

They could be really sad that another child took their toy. Or that it started raining and now you can't go to the park anymore. Sometimes they don't understand why. Sometimes they already have the appropriate age to understand why, but that doesn't mean they don't feel sad. When they're yelling at us or crying, they're not trying to hurt our feelings. They're just overwhelmed with all kinds of emotions they don't know how to deal with.

Even we as adults, sometimes don't know how to control strong emotions. Can you imagine being a child and trying to comprehend your feelings?

So it's our job, as a parent, to try and help them figure out what's the best way to deal with those emotions.

Explain that you understand them, that you know how they feel at that moment. Name the feeling. If you see they're frustrated, say it.

"Sweetie, I know you're frustrated because we can't go to the park, but kicking the wall isn't going to solve it".

#5. TEACH THEM WHAT WOULD BE AN APPROPRIATE BEHAVIOR

You took a deep breath, refocused their attention on you, empathized with them, explaining you understand their feelings, but that their behavior wasn't the best response.

Now it's time to teach with kindness. Explain the appropriate way to respond to the situation. This depends on the situation itself and it's totally up to you, but I will give an example to make it easier.

When Samuel, our oldest son, is playing with a toy, his brother comes and tries taking it away from him. And he's usually pretty successful on his attempts. Needless to say that Sam gets very angry! He pushes Daniel and yells at him.

So every time that happens, I tell Sam that a better way to respond would be to get another toy for himself, give Daniel another toy or to call me so I can talk to Daniel and direct him somewhere else.

And again, the way you deal with this is very personal and it depends on how you want them to respond. If they're little like my kids, you can start teaching them how to resolve conflicts on their own, but they might still need more time before they can actually manage to do so on their own.

#6. PRAISE THEM FOR THEIR GOOD BEHAVIOR

When I first became a mom, I wasn't used to praising my son every time he behaved well. If you think about it, you don't go around praising people for every simple good act.

You praise the bigger ones, right?

But the thing is, with kids, every simple good behavior is a big reason to celebrate! It might look very small, but in truth, it's a big achievement! They're just learning. It's HUGE!

When I realized the difference this makes to them, I started doing it a lot more frequently! They get so excited and happy every time we praise their good behavior, that next time they're more likely to behave well.

All every kid wants is our attention. If they don't have attention when they're doing something good, they're going to seek for attention even if it's by doing something bad.

So let's show them that good behavior deserves a lot of attention and praise.

#7. BE CREATIVE. CHANGE THE SUBJECT!

By observing other people, I saw that when it comes to parenting, being creative can be one of the most effective strategies.


Change the subject, grab another toy, start something different. Completely drive their attention from one thing to another. You'll see how fast they can forget about what was causing their bad behavior in the first place.

I will share a brief story, so you can picture better what I'm talking about:

[It was my birthday, and we went to a restaurant with some friends and their kids. We ordered Sam his own meal, but he kept looking at our friend's fries! {laugh}

Our friend kept giving him his fries until he gave him his last piece. His granddaughter started crying because she really wanted that last piece of fries.

If I was him, I would have insisted on the same subject and it would totally have led the situation to a huge tantrum. Instead of doing that, he pointed at her chin and said she had a piece of strawberry on it! Everybody laughed, including her, who immediately forgot about the fries. End of story!]



Sometimes your creativity can play a bigger role than any other strategy or technique in the book!

You know what I mean?

Be playful with your kids and don't be so serious all the time (if the situation allows it)!

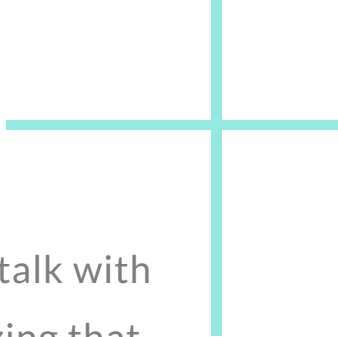
TRY THESE TOOLS AND START PARENTING WITHOUT YELLING

Parenting without yelling can be very positive for your relationship with your kids. Not only that, but it will definitely change the way they respond to what happens around them.

I get that it can be really frustrating when they don't listen to you!

Believe me, I get it!

It can be really frustrating when they think you're joking, but you're being as serious as you can be. It's not easy to deal with their inappropriate behavior.



But if you can manage to control your own emotions, act and talk with kindness no matter what they're doing, they will end up realizing that kindness comes from the inside out. Not the other way around.

Be blessed and remember: everything I share here is in the hopes it will help you parent better. There's no one-fits-all way of parenting!

Take what works for you and toss the rest. I'm allowing you to do that!
;)

If you think this is a helpful guide, please share with your friends by telling them to sign up for my [*Resource Library + VIP list right here*](#) so they can receive weekly newsletters with tips and more resources to create a thriving home & family life.

Hi! I'm Isabel Freitas and I'm happy that you want to create a thriving home & family life!

I believe that everyone deserves their house to be this amazing, beautiful home, where the whole family enjoys coming back to. I believe that families need to have healthy relationships, where everyone treats each other with kindness and respect.

As a passionate wife and mom myself, I've found that there are some crucial things that we need to work on to create a thriving home & family life. At Family Life Blog, you can expect to learn how to:

- Gain control over your family's finances;
- Grow in faith;
- Create a positive family environment;
- Turn your house into a thriving beautiful home;
- Bring people together around the table by cooking simple, delicious recipes.

I'm excited to share this journey with you!



*love,
Isabel*

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