

Stop Yelling, Start Connecting

Three Day Parenting Challenge

Day One

- Make a commitment (not a wish) to yourself to stop yelling.
- Tell your child that you will be speaking respectfully to her. Ask your child to help keep you on track.
- Find a mantra that will help you develop a new mindset, such as "This too shall pass" or "I speak to my child calmly and respectfully."

Day Two

- Make a list of what most often triggers your yelling. Brainstorm ways to reduce those triggers.
- Make extra time to play with, listen to, and emotionally connect with your child.

Day Three

- Make a list of what most often triggers your child's misbehaviors that cause you to yell. Brainstorm ways to reduce those triggers.
- When you face difficult behavior from your child:
 - Use breathing, body movement, or looking up to calm yourself.
 - Empathize with your child.
 - Gently but firmly restate your limit. Offer an alternative if appropriate.