

4 Tips

**To Avoid
Shouting**



4 Tips to Really Stop Shouting for Good!

Do you ever find yourself shouting and reacting to your kids and then feel guilty afterward? Isn't it funny how we instantly make ourselves wrong, **BUT WHAT ABOUT OUR NEEDS?**

Yes, shouting is not the ideal strategy, but **OUR** need is the starting point to change.

1 Get Clear On *YOUR* Need And Meet It!

Each time you shout, step back and assess your need a bit deeper. We mostly think it is just that our children haven't listened, but if you dig a bit deeper often our need is deeper. Is it that we are tired or we need to get somewhere, or we are upset about something else? Focus on the underlying need and how to meet it regardless of whether your children listen or not in that moment. If it is tired, allocate time in your diary for yourself.

Make a commitment to yourself to make it happen no matter what. If it is somewhere you must be -

how can you organise next time that you still get what you want whether your kids co-operate or not. If you focus on meeting your underlying need consistently your shouting will reduce. Your reaction is your body's way of telling you that you need something and the need can't be met depending on your children's behaviour!



2 Get Clear On Your Rule

When our children are not listening, it is important to look carefully at our rule and how clear it is in their perspective. Children think in black and white and often we parent from a broader perspective. Next time they aren't listening, pause and look at the bigger picture. Think from their perspective. In this situation at this moment are there other factors that have influenced what you want and have you communicated that to them. Often, we leave out the education of perspective with our children and expect them to just follow instructions. Consistently building their perspective about the why, outside of in the moment situations, results in more co-operation from them.



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3

Get Clear On Your Words And Emotional State

How clear are your words and are they related to what your children need to learn or understand? Often, I hear parents saying to their children. I want you to listen. Just changing your words to what you specifically want them to do and be consistent with that will develop better learning. For example: It is bath time now. What you are then doing is giving context to what they must listen about. Also, how you feel is what your children hear. If you are annoyed or judging them, that is what they hear louder than the instruction and your message is lost. So, keeping a good emotional state by consistently meeting your needs will improve the clarity of your message



4 Follow Through With Your System

Do you have a clear system of boundaries and consequences and are you consistent at following through? When we don't follow through it is usually because our consequence is too big. Keeping consequences small and short enables us to reset quickly which is less painful for us and our children. Having consequences reset the next day enables us to get back to what we want which is a happy time with our children and it also gives them a chance to focus on trying again rather than the pain of the consequence. When we are consistent and our boundaries resets regularly your children learn that this is how things work in our house and their resistance reduces.





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