

# How to stop yelling and be a calmer parent

## *Parenting from the Heart*

### Start by...

- Prioritizing self-care. This should be something that you can do regularly that makes you feel connected to yourself.
- Setting a family goal to speak without yelling.
- Using visual aids such as a calendar to mark the days you haven't yelled and/or quotes to help you stay calm.



### In the heat of the moment...

**1**

**BREATHE DEEPLY**  
MAKE YOUR EXHALE  
LONGER THAN YOUR INHALE  
TO PROMOTE RELAXATION  
AND DECREASE YOUR FIGHT  
OR FLIGHT RESPONSE.

**2**

**CALMLY STATE HOW  
YOU'RE FEELING**  
"I FEEL ANGRY RIGHT NOW  
THAT YOU'RE NOT LISTENING."  
YOU WILL FEEL RELEASE  
WITHOUT EXPLODING.

**3**

**TAKE A TIMEOUT  
YOURSELF**  
TELL YOUR CHILD YOU NEED  
A MOMENT TO CALM DOWN  
SO YOU DON'T YELL. COME  
BACK AS SOON AS YOU'RE



### Additional ideas:

- Meditate
- Practice mindfulness
- Pray
- Set an intention each morning for your day
- Reframe how you view their behaviour - instead of seeing them as pushing your buttons ask yourself if there is another reason for their behaviour
- Change your inner monologue. If you catch yourself saying "I can't deal with this," Change what you're saying to "I can."