



Dad Central



7 STEPS TO STOP YELLING

& PROMOTE A CALMER, MORE POSITIVE PARENTING APPROACH

No doubt about it: parenting is one of the most challenging jobs in the world. With stress, anxiety, and depression rates at an all-time high, as indicated by a poll commissioned by the Canadian Mental Health Association (CMHA), parenting has become even more demanding for many.

Yelling at kids may seem like a natural response to misbehavior, but it has been shown to have detrimental short and long-term psychological effects on children. To help you break the habit of yelling and improve communication with your children, we've created this 7 step guide to stop yelling and promote a calmer, more positive parenting approach.

In this guide, we'll cover topics such as understanding the reasons behind yelling, identifying triggers, practicing self-regulation, and developing better responses to stressful situations. We'll also provide tips and strategies for ongoing growth and development in your parenting journey.

By following these steps and committing to change, you can create a more positive environment for your children, and foster better communication and understanding within your family.



STEP

1

COMMIT TO STOPPING YELLING

Make a conscious decision to stop yelling at your children. Acknowledge the negative effects of yelling on their mental and emotional well-being, and dedicate yourself to finding alternative ways of addressing misbehavior and communicating with your kids. Write down your commitment and place it somewhere visible, like your refrigerator or bathroom mirror, to serve as a daily reminder.

MY COMMITMENT:

I, _____, commit to stop yelling at my child(ren). I know yelling hurts them, and instead I choose to find better ways to communicate. I am a calm, patient and loving dad to my children and will show it to them by following through on this commitment.

Signature: _____ Date: _____

Witness: _____

STEP

2

REFLECT ON YOUR REASONS FOR YELLING

Take the time to ask yourself what's happening inside you when you're yelling at your kids. Are you stressed, overwhelmed, or tired? Are your personal needs and expectations not being met? Do you feel disrespected or hurt? Understanding the reasons behind your yelling can help you address the root causes and work towards better communication. Keep a journal to track your feelings and thoughts when you're tempted to yell, and look for patterns..

Reflection Question:

What happens inside that causes me to yell?

Action: Identify three reasons that you yell.

1.

2.

3.

STEP

3

IDENTIFY YOUR TRIGGERS

Recognize situations, feelings, or behaviours that prompt you to yell. Write them down and use this knowledge to anticipate and manage your reactions to these triggers. By being aware of your triggers, you can better prepare yourself for these situations and develop coping mechanisms to avoid yelling.

Reflection Question and Action:

What situation, feeling(s), or kid's behaviour results in me yelling? Write three of the most common ones below:

1. _____
2. _____
3. _____

STEP

4

DEVELOP BETTER RESPONSES TO TRIGGERS

Reflect on how you can address your triggers without resorting to yelling. Brainstorm alternative ways of responding and write them down. You can also ask for advice from someone you trust, like a friend, family member, or parenting coach. Attend webinars, workshops, or read parenting resources to gain new strategies and insights for managing triggers more effectively.

Action:

Three alternatives to yelling I will apply:

1. _____
2. _____
3. _____

STEP

5

PRACTICE SELF-REGULATION AND MINDFULNESS

When you feel the urge to yell, take a moment to breathe deeply and regain your composure. Focus on your breath and count to ten, allowing yourself time to calm down and consider alternative reactions. Practicing mindfulness techniques, such as meditation or yoga, can also help you develop greater self-awareness and emotional control in your daily life.

Action:

The self-regulation or mindfulness practice I will use is:

STEP

6

APOLOGIZE AND DEBRIEF IF YOU YELL

If you do yell, it's important to own up to your actions and apologize to your child once you're calm. Use the opportunity to discuss what happened, why you yelled, and how you can work together to prevent similar situations in the future. Open communication can foster trust, understanding, and emotional growth for both you and your child.

Reflection Question:

What would stop you from apologizing to your child? (ex. Too angry, feel like I was justified in yelling, fear I'll look weak, etc). Write it down. After writing it down, decide to not let that stop you from taking this CRUCIAL step to repair the relationship with your child.

STEP

7

LEARN STRATEGIES FOR EFFECTIVE COMMUNICATION

Explore techniques for improving communication with your children, such as setting positive limits, being clear and concise, and actively listening to their concerns. Develop a routine for regular family discussions, where everyone can express their feelings and concerns in a safe, supportive environment. Empower your children by encouraging them to share their thoughts and feelings openly and respectfully.

Reflection Question:

The most important communication skill I need to improve is:

If you're ready to take the next step in your journey towards becoming the best dad you can be, consider checking out our DadMentor community. DadMentor gives you a step-by-step plan to overcome your most challenging parenting situations, dedicated resources that support your goals, and a community of like-minded dads who know your reality and how to succeed where it matters most.

It also has dedicated resources made for dads on topics like effective communication, building stronger relationships with your children, and prioritizing self-care. With practical strategies and expert guidance, our community can help you become the best dad you can be.

Click the link below to learn more about DadMentor and start your journey to being the calm, confident and connected dad you want to be.

www.dadcentral.ca/dads/

Thank you for reading, and we wish you all the best in your parenting journey!

