

3 Things That Cause Yelling



A long time ago in a land far, far away children listened to *everything* their parents said. They never misbehaved, never tried to negotiate, and never fought with siblings.

Oh wait, that's only in fairytales and movies!

There's no such thing as perfect kids, or perfect parents. Life is messy, and life is glorious. Life is filled with love, and frustration. Life is also filled with lessons for both parents and children. And family life is one of the places where all those lessons show up in spades!

Even with all the proven research, a lot of parents are still leaning toward punishment or punitive consequences. They see that it isn't working the way they hoped it would, but they don't have anything else to replace it with ... yet.

In order to move from punitive corrections to teaching, parents need to begin by shifting three things. Those three things are what this *Free e-Guide* will focus on.

So what *are* the three things? They are:

- How you view misbehavior, and why that matters
- What to address before misbehavior arrives
- How teaching is more powerful than reacting

No parent likes reacting, yet all parents want to be firm enough to change behavior. Other than the obvious, reacting has some problems embedded in its technology causing it not to work.

#1: How You View Misbehavior

Children misbehave, negotiate, fight with siblings, and argue with parents, that's life with kids! I often tell parents, "Doing something wrong is *one way* kids learn to do something right." Let me explain.

Many parents believe misbehavior is bad and needs to stop...right now...no matter what! Seeing misbehavior in that light can cause parents to do one, or all of the following.

They may:

Correct behavior the way their parents corrected them as a child, regardless of how those corrections impacted them.

Correct behavior the way books or social media say they should. Yes, I wrote a book, however, I make it clear that it's a parent's job to pick and choose what will work for their family.

Use methods to correct behavior they've seen other parents use, without first exploring whether or not it's a match for their child.

Correct behavior using words or methods that aren't in alignment with who they truly are, making them sound like someone else, which a child can spot a mile away.

Become so focused on feelings that no teaching occurs. Don't misunderstand me, feelings *are* key and absolutely need to be addressed, but teaching is also key and part of a parent's job description.

When you follow someone else's directives instead of your own authentic voice you place yourself on the reaction wheel. I'll bet you just imagined a mouse running circles on the wheel in his cage. Well, I hate to say it, but the reaction wheel is pretty similar.

Once you punish or use consequences, as they're being used today, there's no place left to go. You've used the "big bad" and have no where to go from there. Punishment and punitive consequences are intense. That intensity causes both parent and child to feel emotionally rung out, leaving very little energy for teaching. And if the punishment or consequence doesn't work, which is often the case, you find yourself repeating the punishment again and again, hoping for a different outcome. Isn't that the definition of insanity? So what can you do instead?

Solution #1: Shift Your Point of View

When you shift from seeing misbehavior as a bad thing that must be stopped, to seeing misbehavior as an opportunity to learn a needed skill, you instantly gravitate toward handling things differently.

If you repeatedly punish in order to correct behavior you not only forgo the teaching aspect, you do something else as well.

When a parent punishes a child (s)he is usually angry and yelling. That causes a child to *unconsciously* withdraw inside themselves in order to withstand the intensity of the commands and punishment. The action of withdrawal causes the child to shift from logical thinking to emotional thinking, making it very difficult to hear you or retain the lesson. That's why punishment tends to escalate things, instead of change things.

***Instead of thinking that misbehavior is always a bad thing,
reframe it in your mind
so you realize that misbehavior is a learning opportunity.***

Seeing misbehavior as a learning opportunity produces empathy and compassion for your child. That shift in thinking changes the intensity of your voice allowing you and your child to remain connected. Remaining connected lets your child hear you, think and learn about the situation, and the impact it's had on him and others. Everything *Proactive Parenting* offers gives you the *specific details* of how to move from reacting and punishing to teaching, and what to do if things don't work out the first time.

#2: What to Address before Misbehavior Arrives



What came first the chicken or the egg? That's an age old question. Another age old question is, what comes first, feelings or misbehavior. Research proves that under every bit of misbehavior is a feeling, or set of feelings, that for whatever reason hasn't been expressed. Unexpressed feelings don't stay buried for long, they tend to unconsciously rise up and be expressed through misbehavior, as I'm sure you've noticed!

Knowing that feelings come before misbehavior changes where you *first* place your attention, and that shift immediately helps you stop reacting. This shift in focus also creates an unbreakable trust-bond between you and your child. That trust is the currency you need to flow between parent and child in order to weather all the challenges ahead.

Another benefit to focusing on feelings before addressing misbehavior is the ability to teach your child EQ. When a child grows up in a family that routinely discusses feelings before addressing misbehavior you're slowly, and age appropriately, teaching your child how to notice feelings as they arise, this is the key to self knowledge, which is a true life skill.

Solution #2: The Multi-Layered Phrase

Here's an example involving "attitude." The solution shows how to address feelings before misbehavior without compromising respect, rules and boundaries, or the correction.

Your child knows using an attitude is not okay, rules and boundaries do need to be enforced. However, using an attitude tells you something else as well. Using an attitude is either developmental testing in order to learn whether or I'm allowed to address my parent this way. Or it's about deeper emotions that need to be flushed out. Either way you have to ask yourself, does punishment really get to the bottom of what's causing the attitude? Not really.

To stop reacting, yet address the feelings that motivated the attitude, consider repeatedly using the following subtle phrase.

"I know what you have to say is important, and you don't mean to be disrespectful. Please try this again so I can hear you without getting mad because of the way you're talking to me."

Do use your own words, shorten the phrase if you like, and sooner rather than later, you'll be able to reduce the entire phrase to "please try again" and your child will get it.

This phrase implies many things, which is why I call it the multi-layered phrase.

Layer 1: Instantly your child becomes aware of the need for him to reframe his words before going any further.

Layer 2: Shows your child this is how you deal with a disrespectful attitude. It's a great life skill that every parents wants for their child.

Layer 3: Repeatedly using a phrase like this makes him aware of the impact his attitude has on other people. This creates empathy and respect for others.

Layer 4: Affirms your authority by sending the dual message, remaining connected is important *and* it's my job as your parent to correct behavior, too.

Layer 5: Tells him feelings are honored in this home, but disrespect will not be tolerated.

This phrase may seem simple, and it is. Its designed that way so a child can hear you through the overwhelming emotions she's feeling, and so you can remember it when you're about to react.

#3: How Teaching is More Powerful than Reacting

Reacting is a burst of intense emotional energy that blocks what you're able to glean about your child and the situation.

Teaching on the other hand, offers a calmer, wider perspective.

Reacting an unconscious habit in action.

Teaching is a conscious, observant approach.

Reacting uses one or two things from a parent's tool bag.

Teaching has an endless supply of options for a parent to use

Parents think reacting and punishing are the only things that can correct behavior. They believe teaching isn't firm, or that it's easier on a child than punishment, so it can't work as well.

Let me be clear, the goal is not to be hard on a child in order to correct behavior. The goal is to teach so he learns the lessons associated with the mistakes, misunderstandings or misbehavior he's created. The word discipline means to teach, it doesn't mean to punish.

Solution #3: Learning Consequences

As I said earlier, studies have shown that the act of punishing actually causes a child to withdraw to withstand the intensity of your reaction. Punishing makes a child feel isolated and alone as she sits there thinking about what she's done. Instead of focusing on what's happened she begins day-dreaming or asking how much longer till she's allowed to get up, or get her stuff back. When you ask her what she's learned, you probably find yourself coaching her. That's because she hasn't really learned very much. She's just agreeing to, and reciting whatever she thinks you want her to say, so she can get out of there.

I suggest parents teach by using a comprehensive 6 step problem solving process that includes *learning consequences*, restitution and apologies to resolve a situation. Parent and child remain connected as the child is guided toward the aha moments. Discovering the aha herself creates the type of learning that stays with her and turns into wisdom that she can access whenever needed.

Conclusion

I hope you enjoyed *3 ways to Transform Reacting into Teaching*. You've learned:

- How you view misbehavior and why that matters
- What to address before misbehavior arrives
- How teaching is more powerful than reacting

This e-Guide was a great start. Now take a look at [The Authentic Parent Series](#) for all the details, tips, methods, sample conversations, and detailed handbooks for our seminars, *Creating Clarity Replaces Yelling*, *Being Heard Instead of Arguing*, and *Motivating Listening and Cooperation*.

We think you'll find exactly what you've been looking for so you can parent the way you always hoped you would.