

7 TIPS TO QUIT YELLING

Because we need to shout less to be heard more.

1-Don't be surprised. Kids know when to expect a shriek or shrill scream from mom. Remind yourself, there **WILL** be moments today that I'm going to want to scream. Every time you want to just imagine your boss, neighbor, or pastor is in the room.

2-Follow through for once. The Achilles heel of every parent. Say it once and follow through. Think clearly about what you want your child to do or not do and pay attention until they accomplish it.

3-Give no more than two commands at a time. Unless you're a video game, kids can't remember more than two commands. Have your child repeat what you asked or said. You'll be surprised just how well kids do listen when they want to.

4-Pre-plan discipline. The word discipline comes from the biblical word disciple which means to teach. Have ideas for creative discipline that are age-appropriate from time-out for littles to extra chores for older kids. Don't get mad. Be prepared, instead.

5-Focus. Parenting needs focus. Anger comes when we're distracted. Be intentional. Wherever you are be one hundred percent there. If you're serious about creating a home where peace reigns, you must put down your cell phone and step away from social media .

6-Fear regret. Think before you speak. No mom wants to hurt her child with angry words. Spankings are forgotten—but words? They leave a lasting mark.

7-Use your serial-killer voice. If my child gets loud, I get quiet—serial killer quiet. Annunciate your words, don't blink and talk in a whisper. It will grab your kids attention a lot faster than a booming shout.