

Parenting Playbook.net

XO

Lisa Corcoran

[Mom9x@verizon.net](mailto:Mom9x@verizon.net)

Classes~ Workshops~ Teacher in Service~ Private consultations~ Corporate Brown Bag Lunches

---

*Thank you to everyone who came out today! We had a great 90 Min, interactive conversation about "How to Stop Yelling". Thank you also to Leeann and Bud for setting up this morning and for showing us (with their actions) that being a better parent is a priority that is worth the investment of time and money.*

### Recap:

**Before we go on... Do you agree that yelling does not work? Maybe it gets kids moving but does it achieve the higher goal of building relationships? Of gaining co-operation? Of creating an environment of peace and harmony?**

**In order to make changes, we must agree that what we are doing is NOT the only way; we have other options.**

**So, if you agree that there are other ways to gain co-operation; let's consider what makes us yell? Loss of control, being late, bickering amongst the children, disrespectful behavior, asking 200 times and getting no response- all of these things make our emotions revved up which can end in screaming.**

**If the above list sounds familiar... then at least know you are not alone~ this is the same list that the parents who attended this mornings seminar came up with- point here- we all struggle with the same frustrations.... Point here.... All this behavior is normal! Your kids are NOT aliens who can't get their act together... they are just kids, who aren't perfect yet. They are our future stars in training....**

### So let's train..

- 1. Set clear expectations and then believe that they will fulfill them. We are part of the problem when we set expectation but then when it doesn't get done, we do it for them and yell all through the process. EXAMPLE- " I expect you to be ready for soccer at 5:45 and it is your job to have your shin guards and water bottle ready" . At 5:46 we start running through the house, looking for the shin guards as we make the water bottle , yelling the whole time, " I told you to be ready, Why can't you get your things organized?" The answer is because they know they don't have to – eventually they know you will do it. (They may get yelled at, but that's okay)- Set expectations and then live them out.**
- 2. Recognize that children want attention. Negative attention is better than no attention at all. Dilly dallying & bickering may be a tool they use to get you to pay attention to them. I am not saying they do it consciously, but history has taught them that when they fight, or dilly dally, or other attention getting behaviors... it works! CHANGE THAT!  
Find ways to pay attention to them in positive ways and to the best of your ability ignore negative behaviors.**
- 3. Consequences- Let cause and effect be the teacher for your children:" when I am organized , I am on time for soccer which allows me more playing time;" when I study,**

I get good grades”; “when I work hard at something, I get better”; “when I am mean, I lose friends”; “when I am nice, I make friends”; “when I dilly dally, I am late for school and get a demerit” ETC- let them learn by doing and failing... it’s okay.... Better now than later! The only thing that can ruin the lesson, is if you get involved... let it happen and they will learn!

These are a few of the things we talked about today. In closing, I would like to use the quote I used today... “People will not remember what you said or did; but they always remember how you made them feel”.

As a parent of older children I have no regrets of wishing I taught them more organizational skills, or wishing they were smarter or more polished, or wishing I pushed them more... my regrets lie more in the area of :” Did I show them that I believed in them, do they know I think they are fabulous, even if they are unique; do they see themselves as lovable and worthy of love because of the way I treated them (not conditional love, just pure love); do they know I love them just the way they are.. (messy rooms and all).

Our kids live in a fast paced, competitive world. What kind of space do I want their home to be... more of what the outside world gives them? Or do I want to provide a safe haven where they are comfortable being their true self and being accepted for that.

“Give them a crown and let them grow into it’... One of my favorite sayings. Our job is to teach and train for the real world , YES it is..... but it is a process... let’s do it with patience, and kindness, and be their cheer leader; not their enemy. Be the face of Jesus. He has high standards but he always expresses his expectations with love and HE accompanies us on our journey. Let’s do the same for our children.

God Bless you all- I welcome you to check out the 23 videos on my web site: Parenting  
playbook .net