

Reduce Frustration and Stop Yelling

Raising kids can be frustrating. Parents often give in to frustrations and yell. Nothing is accomplished when parents yell. Kids do not learn anything, and parents feel guilty. Also, kids learn to deal with their frustrations by yelling. American Baby magazine offers these helpful tips:



1. Tune in to yourself. Know when you get frustrated the most? Morning? Evening hours? Ask for help during these times.
2. Lower your expectations. Many parents expect too much from their children. Babies cannot sit quietly in car seat for hours. Toddlers cannot walk the mall without getting tired and bored.
3. Baby proof your house. If your baby likes to dump food out of boxes, do not let him get to the boxes.
4. Just whisper. Your child will have to strain and really listen hard to hear you. Also, when you whisper, you do not sound angry.
5. Change how you do stressful tasks. If going to the grocery store with kids is a nightmare, do it at night while your spouse or a friend watches the kids.
6. Find words or phrases to keep you from yelling. "He's only 2, I love him too." Repeat it to yourself.
7. Squeeze a ball to get rid of stress.
8. Get physical. Jog in place. Climb stairs.
9. Ask for help. Yelling can be a sign of stress and fatigue. Get a babysitter for a few hours. Call a family member or friend for help.
10. Walk away when you feel angry. Take a few minutes to calm down. Place your child in a playpen or crib. Count to ten. Put cold water on your face. Drink some tea.

Call the Parent Help Line. We listen. We can find you help.

1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.