

Stop the Yelling

When a parent yells, he gives away his control and power to his teen.

Teens and parents often disagree. If parents are not careful, these disagreements can become angry arguments. Parents must stay in control when their teen's temper flares.

Stop or decrease your yelling and shouting in front of your teen. A teen gets used to hearing his parents yell. Yelling is ineffective. In fact, the teen often expects it and learns to tune it out. He may even use your yelling as an excuse for his own angry shouts. Teens are often ready to fight words with words and even fists with fists.

- 1. Remain calm and confident.** It will surprise your teen and get her attention. Respond in a calm voice when your teen starts yelling. Remain calm and in control as your teen continues yelling. This helps remove her aggression. Her yelling is no longer effective.
- 2. Agree to have a discussion when everyone is calm.** Take a time-out. Remember teens may not focus on problem-solving when parents are yelling. They think about your anger, not how to solve the problem. Set a time to

regroup when everyone is calm. Focus on the problem or issue and possible solutions.

- 3. Give your teen positive attention so he will not have to get your attention with negative actions.** Kids seek attention — negative or positive. Hugs, praise and positive words make kids feel loved.
- 4. Enjoy activities with your teen.** Schedule one-on-one time. Have family-fun time.
- 5. Use relaxation techniques.**
 - Close your eyes and clear your thoughts.
 - Take some deep breaths.
 - Slowly count to ten.
 - For a moment, mentally remove yourself from the situation.

Help each other get control of quick tempers.

No one wins when parents and kids yell. Everyone feels hurt, and problems are not solved. Remaining calm is the first step in helping a teen stay in or get back into control. If you and your teen have trouble controlling anger, seek counseling.



Possible Triggers for Teen Abusive Behavior

Basic needs are not met: shelter, food, sleep, safety, security, stability, love and connectedness, self-esteem, a sense of importance

Lack of positive attention at home

Problems with making and keeping friends

School or learning problems

Bullying

Emotional, physical or sexual abuse

Drug or alcohol abuse

Mental disorders

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
or log onto www.parenthelpline.org