DISCIPLINE WITHOUT YELLING

by:

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Although occasional yelling or shouting is common, it makes poor tool for disciplining your children. Children can begin to become immune and “tune it out” after being yelled at too much, or it can make them feel frustrated and angry. More effective are methods that encourage children to think about the meaning of their actions and develop empathy between parent and child. As teachers, what can we do?

First, ask children to think about how their behavior affects you or others. Ask them to think about how that makes you feel, and then ask them to think of how to act so that you won’t feel that way. Second, use a time-out for young children. Place them in a quiet place without rewards, give them a simple explanation to help them associate the bad behavior with the time-out, and move on to a new activity after it’s finished. The advantage of the time-out is that keeps the child from getting attention that may reinforce bad behavior. Then explain what behavior you expect before you punish. For example, if your child makes a mess, tell her why it’s not allowed and explain clearly that the next time she’ll have to clean it up herself. If she does it again, remind her of your warning and enforce the punishment.

And lastly, Disciplining kids older than 10 is by letting them experience the natural consequences of their actions. For example, if your child doesn’t do his homework, he has to suffer the bad grade at school.
References:

Discipline Without Screaming by Corinne Garcia from Parents Magazine

https://www.parents.com/kids/discipline/strategies/discipline-without-screaming