



# 10 Reminders For When You're Yelling

- #1 - Remember you are dealing with a child.
- #2 - Are your expectations realistic?
- #3 - How can you be thankful instead of upset?
- #4 - What is your stress level? How can you bring it down?
- #5 - How can you model grace, love, and peace?
- #6 - If the kids are safe walk away.
- #7 - Spend time with Jesus.
- #8 - Is there a teachable moment? Yelling isn't teaching.
- #9 - Play music and dance.
- #10 Try whispering.