

3 REASONS WHY YOU'RE STILL YELLING



3 THINGS YOU CAN DO TO STOP *STARTING TODAY*

CREATED BY:
CLAIRE CETTI

*HELPING EASILY OVERWHELMED, FRUSTRATED PARENTS
STAY CALM, CONFIDENT, AND CONNECTED TO THEIR KIDS,
ESPECIALLY IN THE HARD MOMENTS.*

INTRODUCTION

Yelling feels terrible. No doubt.

And when you yell, it can leave you feeling guilty, like you are failing and messing up your kiddos.

You may wonder, "What's wrong with me? Why can't I stop yelling?" And then wonder whether or not you'll ever get this parenting thing right.

If this is you, you are in the right place because, in this ebook, you will learn the top 3 most common reasons why you may be yelling and what you can begin to do about it, starting today.

Also, if this is you, and you're struggling with yelling. I'm here to tell you, Mama, *because this is important, so listen up:*

Even though you've yelled, lost your cool, and maybe you've said some things you wish you hadn't said;

YOU ARE STILL A GOOD MOM. Yes. You are.

Please consider this idea instead.

You didn't yell or lose your cool because you're a terrible mom but *because you're a mama who was having a hard time* —

Maybe you're stressed about everything on your to-do list; you've got the kids, the house, work, managing finances, making meals, and tending to relationships, and you need more time or support.

Or maybe you were yelling to make your point or your kiddos' attention...because NO ONE is listening!

And, before we move on, can we take time to acknowledge and validate something for a moment?

It can 100% be downright overwhelming and frustrating to have all the things you need to do in front of you and have your kiddos not listen to you, be upset with the minor requests you have asked of them, and *get so much pushback* every day...

It's no wonder you want to yell! Never mind the fact that it is sometimes yelling? It works.

Here's another thing to acknowledge.

Yelling can feel effective because, truthfully? Sometimes it works,

However, yelling isn't genuinely effective or beneficial in creating long-term connections in your relationship with your kiddos. And that's what you really want, isn't it?

It's also important to remember as you read this book that the goal is not to be a *perfect parent and never yell*.

You're human, and yes, you will get angry, and yes, sometimes you may yell.

The focus instead could be on *how to yell LESS*.

In this ebook, we will look at **three very common reasons** you may still be yelling and **three things you can begin to do** to stop and become the calmer, more confident parent you desire to be with your kiddos, especially in the challenging moments.

You've got this!

xx

Claire

WHY YOU MAY BE YELLING

You are putting everyone's needs before your own

REASON NUMBER 1

Being a good mother is different for everyone, but there's a common theme/belief that tends to hold true regardless of individual circumstances.

"A good mother is loving and supportive. She understands that her child's well-being is her priority, and she puts that above all else."

Does this sound familiar to you? Have you ever had this thought or belief that to be a good mom, you need to prioritize your children and take care of *all their needs* before anything else?

Including your own needs?

Yes. Absolutely. Your kiddos have needs that they rely on you to provide for them every day.

Needs for *food, shelter, clothing, hygiene, and sleep*. As well as their need for emotional well-being and protection from harm.

And most likely, you are doing everything in your power to be sure all those needs are met for your kids because that's what "good" moms do!

Guess what, Mama!

YOU have these exact same needs also.

You are putting everyone's needs before your own

REASON NUMBER 1

You, too, have basic needs for food, water, hygiene, and sleep.

As well as emotional and physical well-being needs, such as connection, time for self-reflection, and movement.

Question for you:

Are you getting all these needs met for yourself?

OR

Are you skipping those needs like using the restroom, even though you've had to go for over an hour because your kiddo needs you to help them with something?

When was the last time you ate? Is it noon, and the breakfast you planned to eat at seven still sits on the counter because you keep choosing to do that one more thing before eating?

Do you feel guilty for stepping away to shower or brush your teeth when your little one is fussy, even though someone is sitting with them?

If so, you most likely are putting everyone else's needs before your own and not truly taking care of yourself.

Here's the truth:

Your basic needs are as important as those around you.

What you begin to do instead

SET BOUNDARIES AROUND YOUR PERSONAL NEEDS

It is common for mamas to dismiss their basic needs to tend to their child's needs first. This is what it means to be a "good mom" to their kiddos. *That's a common belief, anyway.*

It feels selfish and uncaring to get some water, use the bathroom, or get the coffee you desperately need when your kiddo is upset, fussy, or crying.

Here's the REAL truth:

Being a parent takes tremendous energy. And to keep that energy up requires you to be *healthy*.

And you can only be healthy if you are meeting at least your basic needs.

Here's another truth:

*Your kiddos will **not** be the ones* to tell you to take care of yourself. They simply aren't going to say, "Time for a break, Mommy! I know how much you need to pee, and that's fine! You go ahead!"

*It **MUST** come from you.*

This is where learning how to set personal boundaries for yourself comes into play.

You need them for yourself, and your kiddos need them too.

5.



What you begin to do instead

SET BOUNDARIES AROUND YOUR PERSONAL NEEDS

Most likely, there may be things you did for yourself frequently before becoming a parent that you aren't doing as much, or at all, now.

Perhaps you are going out with friends less than you used to or not taking long luxurious soaks in a hot bath as much. While these very important breaks are necessary and *should be done at least occasionally, it is unreasonable and unhealthy to completely disregard your own basic needs*, such as food, hygiene, and sleep, to name a few.

What does this look like?

Let's say your kiddo is upset that the sandwich you made for them was cut incorrectly today. And you need to go to the restroom, and you've had to go for a while.

Take a moment right now and honestly answer what your typical response would be. *Do you take care of your kiddo and whatever they need to be ok first, OR do you take care of your basic need and relieve yourself?*

Setting a personal boundary to meet your need could look like this:
"You are upset about the sandwich, AND I need to go use the bathroom. I will be right back, and then we can figure out what to do about your sandwich."

Then go. They really will be ok.

6.

What you begin to do instead

SET BOUNDARIES AROUND YOUR PERSONAL NEEDS

Another example could be:

Suppose your little one is upset and crying because they don't want you to leave the room to get your coffee or eat your breakfast that's been sitting on the counter for the past two hours, even though your partner or another caregiver is there to be with them as well.

Take a moment and honestly answer what your typical response would be.

Would you choose to stay because you don't want your kiddo to get even more upset? Or do you feel guilty because the other person would need to deal with your child's big emotions for a moment? Are you feeling guilty because what kind of parent would do that? Leave their kiddo when they are fussy?

Instead of relinquishing and sitting back down, rather than meeting a basic need of nourishing your body:

A personal boundary could look like this:

"I see you are really wanting me to stay here with you, AND I need to eat breakfast too! I am going to eat my breakfast and then I'll bring my coffee and come sit with you."

Then go. Meet your need. And come back with your coffee.

Yes. You are still a good mom!

7.



What you begin to do instead

SET BOUNDARIES AROUND YOUR PERSONAL NEEDS

Setting these boundaries is not only good for you, but they are also good for your kiddos because you are modeling to them life skills such as:

1. Patience
2. Problem-solving
3. Self-discipline
4. Resilience
5. *How to set their boundaries as they get older*

And lastly, setting personal boundaries for yourself and making sure your needs are met, models to those around you, including your children, that YOU matter too.

Because you do!

Question/Reflection:

What other personal boundaries can you put into place today that allow you to meet your basic needs?

**YOUR KIDDO WILL BE OK IF YOU TAKE THE TIME TO
MEET YOUR NEEDS.**

*They will be even BETTER because you
have taken time to take care of YOU.*

8.



REASON NUMBER 2

WHY YOU MAY BE YELLING

You feel responsible for your child's emotions

OK. Let's cut to the chase. Watching your kiddo struggle when hurt, frustrated, sad, or scared is HARD.

It FEELS terrible both for them and for you.

And in your most well-intentioned way, you most likely set out to alleviate the pain, the hurt, and the BIG emotions they are feeling *to help them feel better.*

And there's nothing wrong with wanting your kiddos to feel better!

It's the other aspect of our kids feeling better and *what it does for you that you want to pay attention to.*

When your kiddo(s) are feeling better and happy again...

It makes YOU feel better and happy again.

And here's another unspoken common benefit.

When your kiddo feels better and is doing and behaving better, *you are likely feeling better about your parenting too.*

The problem is that focusing on *ensuring your child is constantly feeling good and relying on their positive emotions to help you feel better is exhausting and detrimental to your child's emotional and cognitive development in the long run.*

9.

REASON NUMBER 2

WHY YOU MAY BE YELLING

You feel responsible for your child's emotions

Focusing your energy on making sure your child is *always happy* robs them of learning *essential life skills*, such as:

- tapping into their creativity when they are bored
- solving problems when there is conflict
- how to feel, express, and move through hard emotions and
- patience and resiliency.

You might now be saying, "Wait, what? Are you suggesting I let them be *miserable and act out however they wish*?"

"Aren't I responsible for helping them learn the appropriate way to behave and take care of their needs?"

It's important and helpful to understand that *there is a separation between your child's emotions and behavior*.

While they may be related, they are not the same.

In fact, when your child is unhappy and perhaps acting out, there are three things to here to look at and consider:

1. Your child's behavior.
2. Your child's emotions
3. Your child's needs

All behavior is communication.

And *under the behavior*, there are emotions being felt and needs they are trying to get met.

REASON NUMBER 2

WHY YOU MAY BE YELLING

You feel responsible for your child's emotions

Here's something else to consider.

When you focus on and *take responsibility* for your child's happiness, and when it doesn't "work" and your child remains sad, angry, frustrated, and unhappy;

You are likely to end up feeling frustrated, annoyed, maybe even guilty, or like a bad parent failing her children because all the effort you put into helping them feel better isn't working.

Which in turn affects your ability...TO STAY CALM DURING THOSE CHALLENGING MOMENTS.

Leaving you more overwhelmed, exhausted, angry, and maybe even yelling.

This only compounds the guilt and feelings of failure, and the cycle continues.

Here's the truth:

You are *not* responsible for your child's emotions or behavior.

11.

What you can do

MAKE PEACE WITH THE DISCOMFORT YOU FEEL

Please know that it is completely understandable *how difficult it is* as a parent to watch your kiddos struggle and experience difficult emotions.

It can be tempting to want to stop the pain and fix it for them.

You know the old saying, "When our kiddos are hurting, it hurts us more than it hurts them?"

It can literally feel that way.

You FEEL their pain and will do *anything* to help get them out of or away from it. Understandably so!

Here's a hard truth for many parents to hear.

You are NOT responsible for your kiddo's emotions. But you ARE responsible for YOURS.

This does not mean you don't care about how they feel or not be available to them in these moments of difficult feelings or challenges.

It means learning how to separate your feelings from theirs.

What you can do

MAKE PEACE WITH THE DISCOMFORT YOU FEEL

Having this skill, separating what's yours (emotions and feelings) from what are their emotions and feelings, will, in turn, help you be more effective in

HELPING them with their emotions rather than *FIXING* their emotions.

Your kiddo's emotions are there for a reason. They are telling them and you that there is a need that is trying to get met.

By learning to separate your own emotions from your child's, you can begin to create the space for them to express themselves *without feeling like they need to take care of your emotions as well.*

How is this done?

You can begin by *taking time to acknowledge how your child's emotions are making you feel. Your feelings are valid and real too.*

Then take time to create the space to regulate yourself and work through your emotions so you can effectively turn towards your child and help them in theirs.

At first, this work is often done after a challenging moment through reflection and finding what works, which will help guide you the next time difficult emotions arise.

13.



What you can do

MAKE PEACE WITH THE DISCOMFORT YOU FEEL

Understanding that your child's emotions serve a purpose and learn how to self-regulate and get more comfortable with them; this helps and allows your child to experience, express and move through their emotions,

In doing so, you are effectively helping them develop healthy emotional regulation skills.

*By holding the space for your child to experience their emotions, you are showing them that **it's okay** to feel what they are feeling and that they are not alone in their struggles.*

And in doing this, you become a source of comfort and safety for your child, now and as your child grows and launches, and that **feels really great as a parent**, leaving you feeling more confident and less likely to yell.

Question/Reflection:

What helps you self-regulate, acknowledge, and navigate **your own** emotions first in order to help you help your child through their emotions?

HOLDING SPACE FOR YOUR KIDDOS IN THEIR BIG EMOTIONS IS DEEPLY EMPOWERING AND CONNECTING.

14.



REASON NUMBER 3

WHY YOU MAY BE YELLING

You are accepting the invitation into power struggles

A power struggle between a parent and child can be a challenging and stressful experience for both parties involved.

First, however, it's essential to recognize that a power struggle is a fight for control.

Which always takes two to engage. A power struggle doesn't happen with just one person.

Suppose your child pushes back against your boundary, won't listen to you, or refuses to do what you ask;

You can either accept the challenge, push back, insist, force, coerce, or convince, all of which is exhausting, or step back and disengage.

Let's look at it this way: Engaging in a power struggle with your child is like playing a game of tug of war.

In the tug of war, both sides pull the rope to get the other over to their side. And the game continues until one "wins," and the other "loses," or

It keeps going until everyone quits, and nobody really "wins."

In a power struggle, this would look like when things end up in an escalated, negative situation.

15.

REASON NUMBER 3

WHY YOU MAY BE YELLING

You are accepting the invitation into power struggles

Either way, a power struggle generally results in a feeling of disconnection.

A feeling of it's you against me.

Parents can get stuck in power struggles with their kids for a variety of reasons.

One reason why parents get stuck in power struggles with their kids is that they may *feel that their authority is being challenged or undermined*. If they relinquish or let go, they will lose all control as a parent.

Another reason is that parents mistake the idea that letting go means being "permissive" and letting kids do whatever they want. Which then means the child will never "learn." what's right or wrong.

Parents may also get stuck in power struggles with their kids when they feel overwhelmed or stressed. They don't have the bandwidth to deal with one more thing and want their child to do what they want!

When parents are feeling emotionally or physically drained, they may be more likely to react impulsively or engage in power struggles.

Power struggles are exhausting!

15.

What you can do

DON'T TAKE YOUR KIDDOS PUSHBACK PERSONALLY.

Overall, it's important for parents to understand why they may be getting stuck in power struggles with their kids in order to develop effective strategies for preventing and resolving conflicts.

One of the FIRST things you can do is understand your child's pushback and refusal when they say no...ARE ALL NORMAL!

As frustrating and challenging as it may be, it is NOT about you or

- *Whether or not you are a good parent (YOU are a great parent!)*
- *If your child is a good or bad kid (they are ALL good kids!)*

or

- *That there is something wrong with them. (Kiddos don't need to be "fixed")*

Pushing back is normal behavior that parents should **expect** from their children. It's through this pushback that children get to learn what boundaries are, what is expected of them, and, when appropriate, what solving problems together with you looks like.

It's also important to view pushback as an indication **that your child** has a need somewhere. This need could be related to

- A skill they have yet to learn.
 - A need for more attention, connection, or quality time with you
- or
- A need for a kind and firm boundary to be held by you.

16.

What you can do

DON'T TAKE YOUR KIDDOS PUSHBACK PERSONALLY.

What does this look like, and where can you begin to let go?

Let's go back to the tug-of-war game.

That vision of you pulling one side of the rope and your child pulling the other.

You both want to be in control and get "your way."

Question for you: If you were to want to end that game, what is one thing you could do right then and there?

PUT DOWN YOUR END OF THE ROPE.

You do NOT need to engage in the struggle.

This does not mean you are allowing your kiddo to do whatever they want.

It means you are stopping the struggle right here, right now, so you can effectively make a different choice in how to move forward with your child in a more calm, confident, and connected way.

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16.



What you can do

DON'T TAKE YOUR KIDDOS PUSHBACK PERSONALLY.

This can feel very difficult and counterintuitive at first. For example, it is actively choosing to STOP amid a challenge or power struggle.

Steps you can take to help you begin.

- Could you keep the visual of the tug-of-war game in mind? Next time you are in a power struggle, picture the game and the image of putting down your end of the rope. This is called "Choosing to Stop," *The first step in the letter C of my C.A.R.E.S. Approach to Parenting.*
- Review, reflect on Reasons 1 and 2 in this book, and honestly answer what comes up for you and what changes you may need to make so you can feel more capable of navigating the more challenging moments with your kids.
- You can learn more about my *C.A.R.E.S Approach to Parenting*. If you are finding yourself struggling with overwhelm, frustrated, angry, and even yelling, and it costs your ability to feel connected to your child, my online self-paced course, "CREATING CALM 101," will walk you through the 3 steps of the letter C: "Catching Yourself."

Begin to move yourself from chaos and conflict to calm and connection so you can solve problems with your child from that place instead.

17.

You can access it here!



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HELLO!



My name is Claire Cetti.

I am a step-mom and mom of 4, now young adult kiddos, a certified parent coach, and a positive parenting educator.

My personal parenting journey, from experiencing overwhelm, frustration, powerstruggles, and anger to becoming a more calm, more confident mama who created the strong, close-knit, deeply connected family I have today, is what brought me to parent coaching.

Using my **C.A.R.E.S. Approach to Parenting** and proven Positive Discipline tools and techniques, I help easily overwhelmed parents struggling with frustration, anger, and yelling begin to feel more calm, confident, and connected to their kids, even in challenging moments.

I do this through an online course, group coaching, a monthly membership, and offering limited spots for 1x1 coaching.

I pride myself in offering a safe, confidential, nonjudgmental space and community for families to learn, grow, and connect with each other.

To find out more and if any of these options are a good fit for you.

Please feel free to schedule a Complimentary 30 min call
with me here.

If you'd like to start learning NOW how to stay calmer,
access [CREATING CALM 101 here](#)



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