

## INSIGHTS

### Don't yell, move closer



*As a busy parent it's easy to give your voice a work out when you don't get the cooperation you want from your children.*

You know how it goes. You want your son or daughter to give you some help and they don't respond. Perhaps, you want a child to stop annoying their sibling. Or you simply want your kids to *quieten down*. When your request for cooperation is ignored, you do what over 90% of parents do. That is, you repeat yourself. Then if that's still ignored you raise the volume.

Usually yelling only succeeds in producing parent-deaf kids. If yelling, shouting or raising your voice is a habit you've developed to get cooperation then here's a great strategy to use instead. Next time your kids ignore a reasonable request move close to them and quietly repeat your request once. No aggression, just expectation. It may mean you need to stop what you are doing. So be it.

Proximity is a powerful influencer. Great teachers know this. That's why they move around in class so much – to teach and also to manage.

So save your voice for conversation, encouragement and affection. Use your body effectively to manage kids. The key, of course, is to do it. My challenge for you is to bite your tongue when you want to yell. Take a deep breath and move into your child's proximity. Don't stare them down. Just be close to them. Keep doing it and the cooperation levels you get from your kids will increase astronomically over time.

But you've got to do it. In future don't yell, move closer.



#### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.