

The page features decorative geometric shapes in the corners. In the top-left corner, there is a light blue L-shaped graphic. In the bottom-right corner, there is a larger, more complex graphic consisting of several nested L-shaped elements in shades of light blue and grey.

# FOR DADS FROM YELLING FAMILIES

A Conscious Christian Parenting Manual

The PDF Pack

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Download, print, and use at home or with professional support.

# WHEN YOUR KID IS LOSING IT

*Go over these steps with your family.*

## **Maintain Your Composure**

Calm yourself (calm is contagious). Try yawning with intention.

## **Ensure Safety**

Safety first. If everyone is not safe, be helpful or get help. No hitting, hurting, yelling, or name calling. If they're little and trying to hurt you, you can hold a pillow between you so they can hit the pillow.

## **Avoid Eye Contact**

A person who's losing it feels unsafe. Try avoiding eye contact and use a gentle tone of voice. If you speak, use few words (their brain isn't working very well). You can say, "You're safe. This is a safe place."

## **Notice their Body**

Say your observations out loud: "Your legs are stiff," or, "Is your heart beating fast?" Pause. Notice their reaction.

## **Connect with their Feelings**

Notice how they're feeling. Say, "You feel \_\_\_\_\_ because \_\_\_\_\_." (This doesn't mean you agree with them. You're just helping them feel their feelings.) Pause. Notice their reaction.

## **Connect with their Values**

What's important to them? Take a moment to think about it. Don't focus on the "don'ts," such as, "You don't like it when..." Instead, affirm their values, "You care about \_\_\_\_\_."

## **Pause. Repeat above.**

Pause. Notice their reaction. You may repeat the steps above.

## **When the Family is Calm...**

Avoid rewards, consequences, and punishments (they can cause stress). Instead, talk about feelings. All feelings can be felt in healthy ways. What can you do when you feel sad, mad, or stressed out? Make lists for each family member on things that are soothing for them (including yourself). Also, talk about family values. You care about love, safety, and kindness. What else is important to each family member? As you learn, celebrate wins together.

## **Consider Getting Help**

A family member who loses it every day has a stressed out body, heart, and mind. They can benefit from professional help with a wellness professional. As your mentor, make sure they come from a self-regulated family (just ask). If they say, "Everyone yells," they're not the right person to help you.

# FEELINGS

*Identify and respond to them in healthy ways.*

Brave	Flexible	Playful
Calm	Frustrated	Regretful
Comfortable	Grateful	Relieved
Competent	Guilty	Sad
Confident	Happy	Safe
Confused	Hopeful	Satisfied
Curious	Hurt	Scared
Creative	Interested	Sensitive
Determined	Jealous	Shocked
Disappointed	Joyful	Skeptical
Disbelieving	Lonely	Sorry
Disgusted	Loved	Strong
Embarrassed	Loving	Successful
Enthusiastic	Nervous	Surprised
Exhausted	Optimistic	Thankful
Excited		Thoughtful

Angry (Is there sadness there, too?)

Anxious (Is there hurt there too?)

Ashamed (What are you telling yourself?)

Overwhelmed (Usually means you have a combination of feelings. What are they?)

Rage (Is there helplessness too?)

Self-Righteous (Is there hurt too?)

Stressed Out (What other feelings too?)

Defensive (Is there sadness there too?)

Fearful (Is the fear helpful or not?)

Don't Care (Are you sure?)

# VALUES

*Use these words in conversations.*

Civility		Peace
Clarity	Giving Back	Personal Growth
Cleanliness	God	Playfulness
Communication	Happiness	Problem Solving
Community	Health	Reconciliation
Compassion	Honesty	Respect
Connection	Honor	Responsibility
Courtesy	Hospitality	Safety
Decisiveness	Hygiene	Self-Care
Dignity	Independence	Self-Control
Ease	Integrity	Self-Regulation
Emotional Intelligence	Joy	Simplicity
Faithfulness	Kindness	Sleep
Family	Learning	Success
Feeling Good	Love	Support
Flexibility	Loyalty	Teamwork
Freedom	Nature	Thankfulness
Friendship	Order	Thoughtfulness
Fun	Patience	Trust
Generosity	Others:	Values

# THE PERFECT YAWN

*Regulate yourself.*

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

*Notice how your calm affects others.*

# CONNECT

*No rewards. No punishments.*

## **Maintain Your Composure**

*(Pause.)*

Calm yourself. Try yawning on purpose.  
Tune in to them.

## **Connect with Feelings**

*(Pause.)*

Try to read their body language.  
"You're feeling \_\_\_\_\_ because \_\_\_\_\_."

## **Connect with Values**

*(Pause.)*

*(Repeat above.)*

Affirm their values.  
"You care about \_\_\_\_\_."

## **If there's a Problem**

Problem-solve together based on individual  
and family values. Support Success.

# CONNECT WITH YOURSELF

*This is helpful when problem-solving.*

## **Maintain Your Composure**

Calm yourself. Try yawning on purpose.

## **Connect with Feelings**

"I feel \_\_\_\_\_ because \_\_\_\_\_."

Notice what the feelings feel like in your body.

## **Connect with Values**

*(Pause.)*

*(Repeat above.)*

"Because I'm feeling \_\_\_\_\_, that means I care about \_\_\_\_\_." What's important to you?

## **If there's a Problem**

Be helpful. Problem-solve based on your values and your family's values. Get support to be successful.

# SELF-CARE FOR MEN

Numbing out is ok, but nurturing yourself is important too.  
What nurtures your body, heart, and mind?

What do I do to numb,  
check out,  
disconnect?

(Could be mindless eating or  
drinking. Gaming, TV, porn,  
Internet scrolling, complaining.)

What do I do to connect,  
soothe myself,  
regulate?

Go outside  
Cook  
Snuggle  
Friends  
Family  
Shower  
Receive Support  
Massage  
Prayer  
Write  
Play  
Make Stuff  
Exercise  
Clean  
Learn  
Give Back  
Make a Difference  
Get Good Sleep  
Deep Breaths  
Others:



# BID FOR CONNECTION

*From the Gottman Institute. Notice and respond to bids to create successful relationships with your spouse, kids, and coworkers.*

*Examples:*

"Look at that bird!"

"I had a tough day."

"How was your day?"

"Did you like what I made?"

They touch you.

They yell at you.

They're mad at you.

They try to hold hands.

They write a note.

They sigh so you can hear.

They tag you online.

They call or text.

"Help me."

"Play with me."

"Learn with me."

They make eye contact.

They go with you on an errand.

They give you something (like a gift).

They get near you and watch what you're doing.

They do something for you, like clean the dishes.

They laugh and look at you to laugh together.

They invite you to do something with them.

They want to share something with you.

# BASIC APOLOGY

"I'm sorry.  
I care about you.  
I'll try not to do that again."

"Thank you.  
I care about you too."

# VISUALIZE

*Visualization aids success.*

## **Write your story.**

Imagine you're three years in the future.

What does your family look like now?

## **Create a vision board.**

Cut and paste pictures from magazines that look like your vision for yourself. Look at it for inspiration.

## **Create a vision board together.**

Cut and paste pictures from magazines that look like your vision for your family. Include hopes, dreams, and values.



# CELEBRATE SUCCESS

Focus on what you want.  
(Not on what you don't want.)

# HOW TO GET HELP

*This might seem simple.*

"What am I stressed about?"  
(That's what you need help for.)

Find help from people and professionals who aren't in your usual circles. Who are your mentors?

Ask for help.

Get help.

Receive it. (Do what they say to do.)

If it doesn't work, keep going and ask elsewhere.

When it does work, notice how good it feels.

Thank your helpers.