

**Ino soma**

# **Calm Parent, Happy Child**

*A Guide to Ending the Yelling Cycle*

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## Introduction

Parenting isn't easy, and it's only natural to get angry when kids misbehave. Everyone agrees that yelling at a child isn't very good, but Every parent has times when they lack strength. It's normal and it happens to all of us. When you're raising kids, every day is a crazy rollercoaster because you go through so many emotions. Anger is part of it, but that does not mean that it has to destabilize us every time. But if fathers and mothers express their emotions through shouting and spanking, it can have serious consequences for the child's