

# Stop Yelling

A MINDFUL PARENTING ROADMAP  
TO CREATE CALM & COOPERATION

# We want to be that calm parent...

...because we know that yelling damages our relationship and makes kids less likely to cooperate, but how do we do it during the meltdown or when you just need your child to go back to bed?!?

The Top 2 tips I offer in this video are just the tip of the iceberg. Mindfulness has been proven by research not only to decrease anxiety and depression, but (this is SO important for us parents) to increase impulse control.

Pair that with the inner work to uncover your triggers and skillful communication, and you've become the parent you want to be.

When my daughter was two, I was scaring her with my temper. I'd beat myself up for it and feel so guilty after I'd yelled.

A LOT has changed since then. Now I have the roadmap to calm and cooperation and I can't wait to share it with you!

With warmth & lovingkindness,

*Hunter*

Mindful Parenting Creator, Author of Raising Good Humans





# MISTAKES TO AVOID

Mistake #1: Thinking you can just "choose" to calm down with willpower. Many of us believe in our own "willpower" until we understand the science of our biological stress response. When you understand your biology you can build your "muscle" of impulse control, and practice tools to take care of your big feelings, leading you to become accepting of yourself and your kids' big feelings too.

Mistake #2: Not making any changes because you think your partner has to be on board

The idea of the "United Front" is simply a lie. We don't always feel the same way as our partner, and we don't have to. When we are falsely "united," our children see right through that and realize that they cannot trust their parent, undermining the relationship. The truth is that you can only control YOU.

Mistake #3: You believe you "should" be able to learn on your own  
You're a smart person. You've mastered many things in your life. Of COURSE you think you can DIY it for mastering parenting mindfully too. But this leads us to NOT actually getting the help we need and we feel guilty and alone. When you get quality support and guidance you can make true change.

# Pssst!

It is NOT TOO LATE to get serious about parenting mindfully and create the calm and cooperation you long for. My premium program, Mindful Parenting, opens for enrollment twice a year...

BUT, you can get a head start with all the [free resources I offer on my website](#) and inside [my Facebook group](#).  
See you inside!