

# Scolding your child to discipline him? Parents, know your limits

*How do you know when to put the full stop when it comes to scolding your child? Find out here.*



Children exhibit a different kind of energy, when compared to adults. Their energy levels are always higher. They're almost always active and love to play, make loud noises, etc., and enjoy everything done. Majority of the people enjoy watching children expressing and exhibiting their innocence and emotions, namely,

playing, talking, etc. As adults, we should possess the patience to understand and realize the reason behind the child's actions and celebrate them rather than getting angry or scolding them with harsh words. Understanding the child's feelings and emotions comes with knowing our limits. It would help to remember the saying, "Handle with Care". Children are great imitators. For example, if you shout, they will shout back; if you speak badly, they will do the same. Since your children will grow up to be like what you are with them, it would be wise to be what you want them to be.

The anomalies, "a perfect child" or "a perfect parent" do not really exist. Scolding your child too harshly can hurt the child beyond comprehension. Every child has his own emotions; some express them while others don't. Scolding with harsh words is considered a form of emotional abuse. Experts believe that yelling is as bad, and sometimes even worse, than physical abuse and you should be aware of the psychological effects of scolding little ones". Children experience feelings of humiliation, fear, guilt, shame, anxiety and stress just like adults. Some children may suffer from sleep-related problems, developmental delays, behavioural problems, learning problems, emotional issues and trouble forming social relationships.

A meta-analysis by Larzelere and Kuhn (2005) found that conditional spanking was more effective in reducing child noncompliance and antisocial behavior in 10 of 13 studies. They added that overly severe or predominant use of physical punishment "compared unfavorably with alternative disciplinary tactics". In short, there seems to be a threshold wherein a little scolding can be a beneficial tool in a parent's disciplinary toolkit, while excessive scolding can be detrimental.

## **Myths and facts about scolding**

**Myth:** Parents never abuse their own children.

**Fact:** Through scolding/beating parents emotionally abuse their children.

**Myth:** Scolding can help to discipline children.

**Fact:** Scolding can't bring discipline; it may instead become the root cause for behavioural issues in children.

**Myth:** Scolding your child in public can make them to listen to you.

**Fact:** Scolding in public can make your child obstinate.

**Myth:** Scolding can make the child speak the truth.

**Fact:** Scolding will lead them to hide the truth.

**Myth:** Scolding helps parents to control their child's behaviour.

**Fact:** Parents who use scolding as their weapon are not in control. It does not teach children to change their behaviour. Instead, it makes children fearful or aggressive.

**Myth:** Good parents don't get irritated or angry with their children's behavior.

**Fact:** All parents get annoyed by their children's behaviour at times. It is okay to be angry, but it is not okay to hurt your children in anger.

**Myth:** Scolding can make your child listen to you always

**Fact:** Scolding is not the key to make the child listen. Instead, it leads to violent behaviour.

“Scolding is not a good weapon for parents or parenting”. Be a positive parent and inculcate positive parenting techniques.

Never abuse your children by not knowing the limits of scolding. Always keep this in your mind, “Yelling silences your message. Speak quietly so your children can hear your words instead of just your voice.” – L.R.Knost.

### **Make your daily routine and your child's a positive way in life**

- Wake up your child in a calm way.
- Help them to do their chores in a cool way.
- Talk to them in a loveable language.
- Never scold while they're having their food.
- Avoid scolding when they go to bed.
- Stop using harsh words.
- Use lot of positive strokes.
- Never put down your children in front of others.
- Send them to school with a peaceful mind.
- Receive them from school with a happy mind.
- When you scold them, give appropriate reasons and explanations which are suited to their age and understanding.
- Enjoy your child's presence.
- Get help from experts and manage your anger in an effective and positive way.

Watch your body language, tone of voice and use of words when you are with children. If you feel you are becoming angry:

- Take time out
- Relax and breathe deeply
- Check out the mirror
- Distract yourself by listening to songs
- Get yourself out from that place
- Go for a walk and set your mind free
- Calm yourself and then talk to your child

Help yourself by using these simple techniques and it will help you to reduce the level of anger towards your children.

“Talk to your little ones in a sweet/calm/cool/normal way, to achieve the targeted behaviour.”