

# Heritage Preschool Parent Corner

# Y



## Letter of the Week

Y is a consonant and sometimes a vowel as in "syrup." Some important Y words are yes, you, yell and yawn

## Riddles, Rhymes & Opposites

1. The opposite of old
2. Thread like material that people knit with
3. Something that tastes good, rhymes with tummy
4. A shout or scream
5. A place to play out doors at home
6. The sun's color

## Alliteration

Yasmine ate some yummy yellow corn in her yard.

## Fun with Y

- Make a picture out of yarn
- Have a yellow day
- Make yogurt popsicles
- Practice yodeling
- Crack open an egg and look at the yellow yolk
- Do some yoga stretches
- Have a yawning contest just before bedtime
- To out in the yard and yell "yeah' or yahoo!"



"Jesus said, 'Let the **young** children come to me.'" Matthew 19:14

## Poetry

Y is for yo-yo, Y is for yak  
Y is for a yummy yogurt snack  
Y is for yarn, yes, yard and young  
Y is for yam and a bright yellow sun  
Hooray for big Y, small y, too -  
The letter that makes you want to yell  
"YAHOO!"

## **What Happens When Parents Yell At Children**

Sometimes we feel like kids don't pay attention until we yell — is that an effective way to get their attention? Parents should consider that when they yell, they're training their children they aren't serious until they raise their voices. For example: Imagine your child is playing with his legos. You're in another room, and call out, "Your bath is ready; please get in!" He ignores you. You remind him, and your voice gets sharper. He doesn't respond. Now, aggravated, you yell and storm about, "How many times do I have to ask you to do something before you listen?!" By the third time your child realizes you're serious. So, instead, parents need to walk over, touch their child gently on the arm, and say, "Wow – look what you're doing." Now the parent is taking an interest. Meanwhile, your child is basking in your love and feeling that you're really noticing him. The connection he's feeling to you initiates the biological system that is normal and natural between parent and child, creating that tight bond. If kids feel parents have their best interest at heart (and paying attention sure makes them feel like you do), the child is willing to follow their parent.

Again, taking this route of communication/discipline takes more effort than blowing your top. But once you use this practice consistently with your kids, after about two months, they'll just sigh and comply. Another bonus is the child develops self-discipline. Every time he forgoes what he wants to do in favor of what you want him to do, your child is exercising his prefrontal cortex. That's the part of his brain that gives him the ability to give up what he wants for something that's more important to him. He's also learning to want to cooperate.

Can you take us inside a kid's head — what is s/he experiencing when their parent or primary caregiver yells

at them? It's likely hard to breath, you might feel flush, a tingling. Humans, when yelled or screamed at, tend to go into fight, flight, or freeze mode. When kids go into fight, flight, or freeze mode, their learning and ability to absorb information shuts down.

Now, picture being a kid and looking up at someone who is four times your size. This person that's glaring down at you is someone, who without them, you would die. You know, on some level, that your survival depends on this person. You will apologize or do whatever you need to do to make this person stop yelling.

Yelling makes us feel temporarily better. It can also be addictive because it actually helps us squash our painful feelings down (like eating when nervous). But if you actually take a moment to experience your emotions, the feelings will dissipate.

Is it okay for parents to warn their kids, "I feel like I'm gonna yell if X,Y, Z doesn't happen?" Yes. It's good. You're noticing your feelings and describing them. Any time we bring consciousness to our emotional state, it gives us the choice of how to react. Recognition of feelings gives us the time to allow us to shift gears. Also, you're modeling responsible anger management. The wisdom is how to deal with it. Note: Your child is never responsible for your actions and feelings. But your child can be empowered knowing they have a huge impact on the people around them. Just like parents, your child can make any dynamic better or worse. The good news is, the problems we have are usually recurring, so parents get another chance if they didn't handle the situation as well as they would have liked. Your child will push your buttons again!

Excerpted from: <http://www.themotherco.com/2013/02/when-parents-yell-at-children/>