

# The Parent Press

*Programs for Parents, Inc. monthly newsletter features family focused articles and resources on parenting, health, policy, and community information.*

## Reasons Why Yelling at Kids Doesn't Actually Work

**Yelling happens, but experts share why it won't get you the behavior you want and how you can react instead.**

While most parents have raised their voices louder than they may have meant to at some point or another, unpacking *why* we yell and how yelling can affect our children may be helpful information to have the next time your 3-year-old throws a plate of food across the kitchen.

People yell because it's their go-to response when they're angry," says Joseph Shrand, M.D., an instructor of psychiatry at Harvard Medical School and author of *Outsmarting Anger: 7 Steps for Defusing our Most Dangerous Emotion*. Dr. Shrand also notes that there's nothing wrong with feeling anger. "It's what we do with that anger that matters," he says.

Anger, after all, is a common emotion felt whenever we wish things were different. "We feel anger because we wish our child would stop doing something or start doing something." But some efforts to change behavior are more effective than others, and parents who recognize the counter-productivity of yelling are more likely to pursue a better course of action. Here's what really happens when we yell at our children, why it backfires, and what to do instead: [6 Reasons Why Yelling at Kids Doesn't Actually Work \(parents.com\)](#)



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## Yelling Can Make Children Feel Devalued

"The common thread that binds all people together is wanting to feel valued," says Dr. Shrand. For most of us, feeling valued by others is how we measure our self-worth and how we determine whether we matter to the world around us. When we're yelled at, we see ourselves as inadequate and question our capabilities. "Yelling is one of the fastest ways to make someone feel they don't have value," says Dr. Shrand.

Dr. Markham's observations are similar: "When we're angry and start yelling, we're seeing ourselves as a hammer and everyone around us a nail," she says. In such a state, our children look like the enemy and not like human beings who we value and love. "Our children should never feel like the enemy," says Dr. Markham.

*"Yelling is about releasing anger; it's not an effective way to change behavior."*

### Yelling Can Fuel Anxiety, Depression, and Lower Self-Esteem

Studies have found that children who are yelled at are prone to anxiety and have increased levels of depression. Dr. Markham teaches that children pick up anxiety from their parents, and that the manner in which a parent reacts to any mistakes they make "either soothes the child or stimulates their anxieties." Yelling, of course, is never a soothing experience.

## Long-Term Yelling Can Have Negative Impacts on Children

Multiple studies have illustrated how yelling harms children. One study includes "yelling or screaming" as one measurement of "harsh discipline" in the home and concludes that children who are disciplined this way have "poor school achievements, behavioral problems...and delinquent behaviors." Another study demonstrated that yelling has a similar effect on children as physical punishment; and a study in the National Library of Medicine deduced that verbal abuse and being yelled at frequently can even change the way a child's brain develops.

Keep in mind, of course, that a one-off instance of you yelling is not going to permanently damage your children forever. These studies look at long-term patterns of yelling and other abusive behaviors. We're all human and no one is perfect! What's helpful is to understand what may be behind your own emotions, how you may be able to better manage them, and how to handle outbursts when they happen.



*"Enjoying and appreciating our children for who they already are makes parenting more fulfilling."*

## What to Do with Your Anger Instead of Yelling

The first step to change how you handle your emotions may be to seek professional help from your primary care provider or a mental health professional. You may have some underlying health concerns contributing to your emotions, such as vitamin deficiencies, thyroid conditions, hormone imbalances, or postpartum mental health issues. You may also benefit from therapy to help you identify triggers and patterns, especially if you were raised in a household where yelling was common or you suffered any sort of emotional or physical abuse.

The second step will be dealing with the immediate situation of anger by acknowledging it. You can even do this out loud if you wish. It might sound silly, but recognizing your anger is actually a powerful step that literally changes your brain in that moment. "The moment you recognize your anger, you activate your prefrontal cortex and interrupt your spiraling emotions," says Dr. Shrand. It's about taking your brain from its feeling mode to its thinking mode. [6 Reasons Why Yelling at Kids Doesn't Actually Work \(parents.com\)](#)

### Regulate Your Emotions

There are several ways to do this, according to the experts:

- ◆ Take deep breaths
- ◆ Count backwards
- ◆ Run in place
- ◆ Shake out your hands
- ◆ Say as little as possible until you calm down
- ◆ Think uplifting thoughts that walk you back from the brink of yelling (i.e. "My child needs my help right now.")
- ◆ Put your hands under running water
- ◆ Even forcing a smile or a laugh can send a message to your brain that the situation isn't an emergency.

After you've calmed yourself down, you're ready to diffuse the situation instead of aggravating it further, explains Dr. Markham.

Not yelling takes work, of course, and for most of us it takes *a lot* of time and practice to finally put an end to the unproductive and harmful behavior. But Dr. Markham teaches that it's a lot easier not to yell when you have a strong connection with your child. Working on your bond when you're *not* in the middle of an aggravating situation is a great place to begin. [6 Reasons Why Yelling at Kids Doesn't Actually Work \(parents.com\)](#)



### For Measles:

- Symptoms appear about one to two weeks after exposure.
- Symptoms start as a high fever, cough, runny nose, and watery or red eyes.
- The measles rash starts three to five days after the other symptoms.
- Measles can also cause neurologic or brain complications for people later in life.

## NJ Health Department Urges Individuals To Be Vigilant For Measles, Mumps

**TRENTON** – New Jersey Department of Health (NJDOH), which has already confirmed one case of measles in the state thus far in 2024, is now collaborating with local health departments to investigate eight suspected cases of mumps in one family cluster in Hunterdon County related to international travel. No additional information is available due to privacy concerns.

With these cases of vaccine-preventable diseases across the state and country, NJDOH is

urging individuals, especially parents, guardians and caregivers, to be aware of the symptoms of these highly contagious viruses and to stay up to date with the measles, mumps and rubella (MMR) shots.



### The MMR Shot

The MMR shot is the most effective way to avoid these illnesses. Children are recommended to receive two doses of MMR, starting with the first dose at 12 to 15 months of age, and the second dose at 4 to 6 years of age. Teens and adults should also be up to date on their MMR shot. Individuals who have not received two MMR shots or are unaware of their history should reach out to their health care provider to check their immunity levels, especially if traveling. In addition to health care providers, MMR shots are available at many pharmacies, local health departments and federally qualified health centers.

NJDOH is urging individuals to be aware of the symptoms and, if they suspect illness, to call their health care provider first before arriving at the facility so that the provider can take precautions.

Mumps can start with fever, headache, muscle aches, tiredness, and loss of appetite. Later, it appears as a swelling of the salivary glands or puffy cheeks and a tender, swollen jaw. Mumps can be dangerous. Swollen glands can include swelling of brain, testicles, ovaries, or breast tissue. This can cause complications such as brain inflammation (encephalitis), deafness, or infertility later in life.

Symptoms for rubella are mild and are similar to measles. But rubella can be very dangerous for pregnant people and can cause birth defects, miscarriage, or death for babies shortly after birth.

For more information, visit [nj.gov/health/vaccines/mmr](https://nj.gov/health/vaccines/mmr).

## National CACFP Week is March 10-16, 2024



CACFP Week is a national educational and information campaign sponsored annually by the National CACFP Sponsors Association designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes and afterschool, as well as for adults in day care.

**Download our promo flyers**, available in both English and Spanish, to learn more. <https://www.cacfp.org/national-cacfp-week-main/>

**March Family Saturdays**

Saturday, March 16th  
Saturday, March 23rd  
Saturday, March 30th

**10:00 am—5:00 pm**

**Free With General Admission Tickets**

THE NEWARK MUSEUM OF ART

***“Building Strong and Healthy Communities for All!”***

## Community, Events, Resources

**Connections Matter**  
DEVELOPING BRAIN | RELATIONSHIPS | COMMUNITY

Thursday, March 14, 2024 virtual- 6:00 pm-8:00 pm

Connections Matter is a healing-centered curriculum that teaches adults how to use the power of connections to help develop healthy brains and supportive relationships, prevent and heal from Adverse Childhood Experiences (ACEs), and strengthen communities.

Participants who attend this training will learn:

- How ACEs adversely affect development and brain outcomes.
- How caring connections serve as a primary buffer against the negative effects of trauma.
- How to build more resilient, compassionate, and healing-centered communities.

TO REGISTER PLEASE CONTACT  
Susana Melo  
Essex County Family Engagement Specialist  
Programs for Parents, Inc.  
570 Broad St., 9th Fl Newark, NJ 07102  
973-297-1114 ext. 4176  
[smelo@programsforparents.org](mailto:smelo@programsforparents.org)

**Programs for Parents**  
Comprehensive Services for Families and Children

**3rd Annual AUTISM AWARENESS**  
Family Fun/Resource Day

Please Join Us For a Great Day of Autism Awareness, Community Unity, Fun, Resources, Giveaways, & More...

**APRIL 6, 2024 | 11 AM - 2 PM**  
RAIN DATE: APRIL 13, 2024

**MULBERRY COMMONS**  
162 MULBERRY ST.  
NEWARK, NJ

Music by Hot 97's DJ Wallah

Hosted by Tray Kearney

REGISTER @ [HTTP://TINYURL.COM/KSNUSMV](http://tinyurl.com/KSNUSMV)  
OR SCAN THE QR CODE:

Contact Us 973-424-7701  
More Information [www.hassamplace.com](http://www.hassamplace.com)

**WELLNESS WEDNESDAY**  
Women's Health Month Podcasts

**06 MAR** Wednesday 8:00PM  
**GIRL POWER**  
A Curriculum For After School Programs  
Mimi Fanning, Six Year Crown

**13 MAR** Wednesday 8:00PM  
**MOM'S HEALTH**  
Resources For Premature Child Birth  
Shirley Smith, The Keta Bear

**20 MAR** Wednesday 8:00PM  
**SISTERS IN STEM**  
Helping Girls Enter STEM Careers  
Julia Hutchinson, Berkeley College

**27 MAR** Wednesday 8:00PM  
**BE THE BUSINESS**  
Women Entrepreneurs  
Gina Robinson, FEMALEPIONEER

Every Wednesday in March  
8:00pm - 8:30pm  
Zoom Code: 870 4241 3444  
For More Info Call Matt Stevens 973.820.8999  
Matt@newarkcenterforarts.org

**Paint and Chat**

Join us for a colorful afternoon where families come together and bring their imagination to life through their canvas.

Thursday, March 28, 2024  
3:30 pm - 5:00 pm

286 Mt. Prospect Ave.  
Newark, NJ 07104

For more information or to register:  
Visit 286 Mt. Prospect Avenue, Newark, NJ 07104 or call 973-485-5723

Programs for Parents, Inc.

***Programs for Parents** is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and child care providers in Essex County through advocacy and action, providing education and referrals, sharing best practices and helping families access available financial resources.*

#### **Programs for Parents, Inc.**

Nayibe Capellan, CEO  
Programs for Parent, Inc.  
570 Broad Street, 9th Floor  
Newark, NJ 07102  
(973) 297-1114  
<https://programsforparents.org>

The Parent Press is a monthly newsletter published for childcare providers and parents.

## **Giving Every Child a Chance to Grow Up Safe, Healthy, and Educated**

Governor Murphy delivered the annual state budget address to the State Legislature, presenting his proposed spending plan for the Fiscal Year 2025 (FY25) Budget.

The Governor's budget outlines his key initiatives which include "lowering costs for our families, increasing opportunities in every community, and investing in the lifelong success of every child," to "ensure New Jersey retains its proud reputation as the best place, anywhere, to raise a family."

The \$55.9 billion proposed budget includes measures to fully fund the state pension system, fund property tax relief programs, and invest in NJ Transit. The FY25 Budget also consists of essential investments to support children and families.

### **Child Care and Child Tax Credit**

- \$3.6 million in wage increases for child care providers
- \$15 million in federal funds to NJ Economic Development Authority (NJEDA) for child care facilities improvements
- Subsidy payments based on enrollment through December 31, 2024
- Direct relief to families, including continuation of the Child Tax Credit and the Child and Dependent Care Tax Credit

### **Preschool Aid**

- \$124 million to fully fund pre-K programs that started in FY24, including \$20 million to expand pre-K programs to new districts

[Read the State of NJ Budget in Brief](https://www.nj.gov/treasury/omb/publications/25bib/BIB.pdf?eType=EmailBlastContent&eId=3f1904dc-f650-4da8-9f86-93cbe0b84402) <https://www.nj.gov/treasury/omb/publications/25bib/BIB.pdf?eType=EmailBlastContent&eId=3f1904dc-f650-4da8-9f86-93cbe0b84402>



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