Why Yelling at Your Kids Never Works

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Your kid has broken a vase while playing football, ignoring the 'no playing inside' rule of the house. How do you ensure that he doesn't repeat this behaviour in the future? The immediate reaction would be to lose your temper, and let your child hear the end of it. However, according to a study by the London School of Economics (LSE), that's the last thing that you want to do if you want your child to actually listen and not just hear your words.



We know that there's no right way of parenting. What works for one kid doesn't necessarily work for the other. You might think that when your kid is not heeding your words, a bashing is required; they need to understand that you mean business. But this attitude could actually be counterproductive, says the research conducted by LSE.

When you think about it, there are really no upsides to yelling at your children; you lose your temper, you feel lousy and guilty for the rest of the day, and your kids claim to hate you. Your child is not just a kid but he/she is a person too. They have good days and bad ones just like you do. You don't expect your loved ones to yell at you on a particularly cranky day, so why inflict this torture on your kids?

"Shouting at your child or punishing them are not ways to discipline your kid," says Professor Dr Shaheen Islam, Chairperson of the Department of Educational and Counselling Psychology, University of Dhaka. "When a child fails a subject, her parents immediately start the blame game. But they need to understand that failure can be a result of different reasons, and it is your duty as a parent to find out why your child is not doing well in their studies. Focus on why she isn't doing well in school, talk to her about it, ask her whether she is having any problem in concentrating in class or following her teacher's instructions. And then try to find a solution."

When you hit or yell at your child, you are trying to control your child through violence, and that is both abusive and disrespectful. When you raise your hand on your child, they know that you intended to hit them. They begin to believe that any bad behaviour should be dealt with physical or psychological violence.

In most cases, parents act as role models for their kids, says Dr Islam. Children model their actions on their parents' behaviour. Sometimes parents take out their anger on their kids because they are stressed or frustrated about something that is completely unrelated to their children's behaviour. A child, obviously, should not be expected to understand that his or her mother is not mad that they were getting late for school but is rather worried about the presentation at work.

"I remember shouting at my maid once in front of my four-year old. I was annoyed at her for some reason, and didn't think twice before yelling at her