Parent Repair After Yelling

Own your words before you repeat the instruction.

Adult anger does not transfer responsibility for adult conduct to the child. Repair specifically and follow with a changed response.

Example: a parent apologizes for insulting a child over unpacked gear, clarifies the storage duty, and uses a prepared calm instruction after the next practice.

01 Own the conduct

Name what you chose without blaming the child.

Words or action used

What was wrong

Immediate care needed

Stopping sentence

02 Make the apology

Use a specific statement without a defensive but.

Specific apology words

Excuse to remove

Child response space

Impact child describes

Parent Repair After Yelling / Review & follow-through

03 Repair the instruction

Keep reasonable duties and correct unfair ones.

Reasonable duty remaining

Unfair instruction to correct

Suitable help

Practical repair

04 Change the response

Prepare for the next similar moment.

Triggering situation

Calm first sentence

Adult support plan

Follow-through observed