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# CLIPPINGS

*A Weekly Column from Iowa State University Extension and Outreach*

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**For Immediate Release**

**Stop. Breathe. Talk.**

*Lori Hayungs, MFCS, Human Sciences Specialist, Family Life*



Research shows that physical punishment and yelling is harmful. So what can we do instead?

- Stop.
- Breathe.
- Talk.

Step back and focus on 3 simple steps. At any age and in any situation we can help ourselves by remembering to take a moment to stop, take a breath and use a calm voice as we talk to our child about our expectations.

No matter what age our children are, we can stop, breathe and talk. Even a crying infant can be comforted by our slowed breathing and calm reassuring voice. Toddlers can see our calm demeanor and notice our quieter voice. The elementary and middle school child notices that we are role-modeling actions for them to mirror.

Talk does not mean lecture. It can be as simple as, "I hear you" or "I see that you are upset right now." Allowing children a safe place to express their strong feelings while we model a calm, cool and collected approach, is the best kind of guidance and discipline we can give our child.

Lori Hayungs, Human Sciences Specialist, Family Life  
 Iowa State University Extension and Outreach  
 712-737-4230 or lhayungs@iastate.edu