

PARENT TRIGGER CHECKLIST

TO UNDERSTAND WHAT MAKES ME SHOUT

- ☐ **I am tired or hungry**
- ☐ **I am stressed or overwhelmed**
- ☐ **SI feel disrespected**
- ☐ **They aren't listening to me**
- ☐ **They are fighting with each other**
- ☐ **They noisy, yelling or screaming**
- ☐ **They are not doing what I have asked**
- ☐ **They are whining or giving excuses**
- ☐ **We need to be somewhere**
- ☐ **We are running late**



NO SHOUTING CHALLENGE

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 **TO UNDERSTAND WHAT
MAKES ME SHOUT...**

- ☒ I'm tired or hungry
- ☒ I'm stressed or overwhelmed
- ☒ I feel disrespected
- ☒ They aren't listening to me
- ☒ They are fighting with each other
- ☒ They are yelling or screaming
- ☒ They are not doing what I've asked
- ☒ They are being too loud
- ☒ They are whining
- ☒ We need to be somewhere
- ☒ We are running late