

3 SIMPLE SHIFTS TO GET YOUR KIDS TO LISTEN— WITHOUT YELLING

Calm your reactions, connect with your child, and change what happens in the moment—in minutes.

By:

Alétia | The KéKAY Method | The Parent Connection



KéKAY
The Parent Connection

THIS ISN'T ABOUT BEING A PERFECT PARENT

The Parent Connection

If you're here, you've probably had moments where:

- You've repeated yourself over and over
- You've reacted in a way you didn't feel proud of
- You've wondered, "Why won't my child just listen?"

You're not alone.

And the truth is—your child isn't ignoring you on purpose.

Their brain is overwhelmed... and so is yours.

The good news?

You don't need a complete parenting overhaul.

You just need a few simple shifts.

How to use this guide:

This is not something to "learn later."

Pick one tool and try it today.

Small changes in how you show up = big changes in how your child responds.

THE 3 CALM LEADER SHIFTS

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1. Pause Before You Respond

When emotions rise, your reaction becomes your child's environment.

👉 Try this:

Before you speak, take 3 slow breaths.
That pause helps you respond instead of react.

2. Connect Before You Correct

A child who feels understood is a child who can listen.

👉 Try this:

Start with:
"I see you're upset..."
Then give your direction.
Connection calms the brain so it can hear you.

3. Say Less. Mean More.

The more we talk, the less kids hear.

👉 Try this:

Give one clear direction:
"Shoes on. It's time to go."
Then pause.
Calm + clear = cooperation.

The Truth Most Parents Miss

Your child isn't giving you a hard time...

They're **having** a hard time.

When you stay calm and connected, everything begins to shift.

ABOUT ALÉTIA

I'm a parent-connection coach and creator of the KÉKAY Method | Parent Connection

For over 30 years, I've worked with children and families, helping parents move from reacting and feeling overwhelmed... to becoming calm, confident leaders their children feel safe with.

My work is rooted in one simple truth:
When children feel safe and connected, they thrive.

Ready for the Next Step?
These 3 shifts are just the beginning.

Inside my 90-Day Program: **Calm Leader, Connected Kids**, I teach you how to:

- Stay calm even in the hardest moments
- Handle meltdowns with love and limits
- Build a strong emotional bond that lasts into adulthood

👉 Book your FREE 15-minute call

Let's talk about what's going on in your home—and map out your next steps.



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WORKSHEET:

YOUR CALM LEADER RESET PLAN

STEP 1: NOTICE YOUR TRIGGER

THINK ABOUT A MOMENT THAT USUALLY TURNS INTO A STRUGGLE.

WHEN MY CHILD DOESN'T LISTEN, IT USUALLY LOOKS LIKE:

→

→

WHAT I TYPICALLY FEEL IN THAT MOMENT:

- ☐ FRUSTRATED
 - ☐ OVERWHELMED
 - ☐ IGNORED
 - ☐ DISRESPECTED
 - ☐ OTHER:
-
-

STEP 2: CHOOSE YOUR SHIFT (PICK ONE TO PRACTICE TODAY)

☐ PAUSE BEFORE YOU RESPOND

“I WILL TAKE 3 SLOW BREATHS BEFORE I SPEAK.”

☐ CONNECT BEFORE YOU CORRECT

“I WILL START WITH: I SEE YOU’RE FEELING...”

☐ SAY LESS. MEAN MORE.

“I WILL GIVE ONE CLEAR DIRECTION AND PAUSE.”



MY FOCUS SHIFT TODAY IS:

STEP 3: PLAN IT AHEAD (MAKE IT REAL-LIFE READY)

THE NEXT TIME THIS SITUATION HAPPENS, I WILL:

→ _____

WHAT I WILL SAY (KEEP IT SIMPLE):

→ _____

STEP 4: REFLECT (AFTER YOU TRY IT ONCE)

WHAT FELT DIFFERENT?

→ _____

WHAT WORKED (EVEN A LITTLE)?

→ _____

WHAT I WANT TO KEEP PRACTICING:

→ _____

GENTLE REMINDER:

YOU DON'T NEED TO GET IT PERFECT.

YOU JUST NEED TO SHOW UP A LITTLE DIFFERENTLY THAN YOU
DID YESTERDAY.

SMALL SHIFTS → BIG CHANGE

SIMPLE SCRIPTS TO STAY CALM, CONNECTED, AND CLEAR IN THE MOMENT

When emotions are high, it's hard to know what to say. Use these simple phrases to help you stay grounded while guiding your child with connection and confidence.

When Your Child Isn't Listening

Instead of:

"Why aren't you listening? I've told you 5 times!"

👉 Try this:

"I'm going to say this one more time—shoes on." (pause)

"I'll help you if you need it."

When Your Child Is Having a Meltdown

Instead of:

"Stop crying. You're fine."

👉 Try this:

"I see you're really upset."

"I'm right here with you."

When You Need to Set a Boundary

Instead of:

"No! Because I said so."

👉 Try this:

"I hear you want more time."

"And it's time to stop."

When You Feel Like You're About to Lose It

Instead of:

"Go to your room before I get really mad!"

👉 Try this:

"I need a moment to calm my body."

"I'll come back and talk to you."

After You've Yelled

Instead of:

(saying nothing or feeling stuck in guilt)

👉 Try this:

"I didn't handle that the way I wanted to."

"I'm sorry. Let's try again."

When Your Child Says Something Hurtful

Instead of:

"You don't mean that. That's not nice!"

👉 Try this:

"Those words sound really big."

"Something's going on—tell me."

The Simple Formula to Remember

- Connect → Then Guide
- Name what they're feeling
- Stay calm in your tone
- Give a clear, simple direction

Reminder

- You don't have to say it perfectly.
- Your child doesn't need perfect words—they need a calm, connected parent.

If you've ever thought, "I know what to say... I just can't do it in the moment," that's exactly what we work on inside Calm Leader, Connected Kids 90-Day Program

👉 Book your free 15-min 1:1 call

