

Chilla Diya? Ab Kya

Raat ko guilt mein Google — "kya bachcha kharab ho jayega?"

KYA KARO

1. REPAIR karo — jaldi, seedha, bina "but" ke
2. Apne warning signs pakdo — jabda, garmi, chhote sentence
3. Pause word banao: "ek minute" — sabke liye

YEH BOLO

"Mumma ne zor se bola. Woh galat tha. Sorry. Main practice kar rahi hoon."

"Ek minute chahiye Mumma ko." — aur le lo.

YEH MAT KARO

- ✗ Sorry ke saath "but tum bhi..." — repair cancel
- ✗ Guilt mein limits chhod dena ya gifts dena
- ✗ "Phir kabhi nahi chillaungi" promise — practice bolo, promise nahi

SCIENCE KYA BOLTI HAI

Kabhi kabhi gussa + pakka repair = normal ghar. Rishta rupture se nahi — repair na hone se tootna hai.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/yelling-at-child

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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