

The Incredible Power of the Whisper

Editor's Pick. Written by L. R. Knost.

If a picture is worth a thousand words, then a whisper is worth two thousand when it comes to parenting. In the same way that the instinctive human reaction to someone raising their voice is to raise our voice one octave higher, to out-shout the shouter, to over-power the person powering-up on us, the instinctive human response to someone whispering is to quiet down, to lean-in, to listen.

As parents, it's up to us to exercise the wisdom and maturity to control our own instinctive reaction to our children's piercing screams, ear-shattering shrieks, and mind-blowing, foot-stomping, out-of-control fits. Small people have big emotions and need help processing them. Their cries as babies and shrieks and tantrums as toddlers and meltdowns as preschoolers are, literally, cries for help.

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