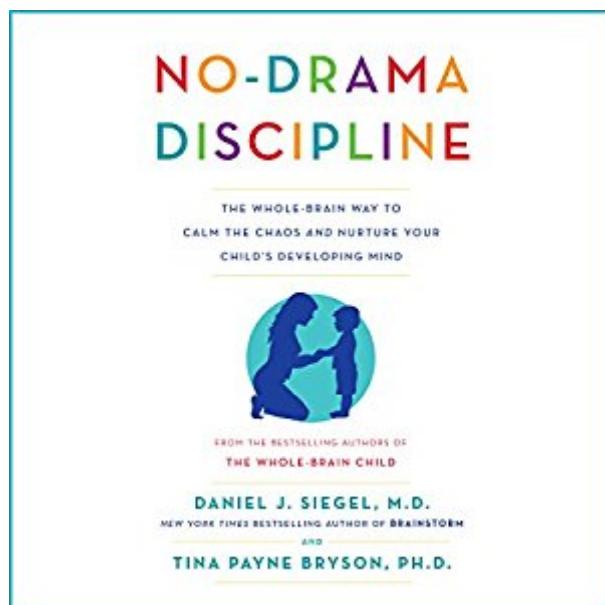


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# No-Drama Discipline: The Whole-Brain Way To Calm The Chaos And Nurture Your Child's Developing Mind



## Synopsis

The pioneering experts behind the bestselling *The Whole-Brain Child* - Tina Payne Bryson and Daniel J. Siegel, the New York Times bestselling author of *Brainstorm* - now explore the ultimate child-raising challenge: discipline. Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. Defining the true meaning of the "d" word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover strategies that help parents identify their own discipline philosophy - and master the best methods to communicate the lessons they are trying to impart facts on child brain development - and what kind of discipline is most appropriate and constructive at all ages and stages the way to calmly and lovingly connect with a child - no matter how extreme the behavior - while still setting clear and consistent limits tips for navigating your children through a tantrum to achieve insight, empathy, and repair twenty discipline mistakes even the best parents make - and how to stay focused on the principles of whole-brain parenting and discipline techniques. Complete with candid stories and playful illustrations that bring the authors' suggestions to life, *No-Drama Discipline* shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.

## Book Information

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## Customer Reviews

I ordered this book out of desperation. My grandchildren were acting out in ways that were unsafe (ages 3 and 5 at the time) running near traffic, throwing tantrums. Without reading the entire book, I learned enough to completely turn the situation around. Recent example: I pick up my granddaughter from school and she is in her weird mood again, runs down the street and crosses it without me! Once we are in the car, I say, OK, what happened at school today? Nothing, she says. No, you don't usually act like this. What happened? See this scratch, she asks. I tripped over some blocks and three of my friends laughed at me. Behavior changes to normal. The next day I pick up my grandson. I don't rush him out to the car anymore. Instead we have a check in period sitting in the back of the car before we go anywhere. In other words we process their emotional well being before pressing on into this busy world. Huge change!

With a just-turned-two-year-old who was just starting into furious tantrums about pretty much every tiny disappointment (coming inside, getting into her car seat, leaving a room, dropping a toy, being asked not to throw things at the dog, etc., etc.), I was very eager to get some new ideas beyond the standard "just ignore it" advice. In addition to the frustration tantrums, she was also going through a spell of pinching, hitting and biting, and nothing (ignoring, separating, time-outs, scolding, yelling, earnest explanations, dirty looks, attempts at redirection) was really helping with that. In fact, most attempts just seemed to escalate the bad behavior. In just a couple of weeks, the advice in this book has really turned around my interactions with my daughter and has enabled me to almost universally nip her tantrums in the bud. As a work-at-home parent, this translates to more happiness, greater productivity, and much, much less stress. I can't speak to how well this will work with older children with better verbal skills (but since the crux of it is paying attention and connecting, it seems like good advice even for dealing with adults), but with a toddler with a pretty good ability to understand but quite a limited vocabulary and ability to express herself verbally, this method has worked wonders. Most of the trick is in the nanosecond before you react--simply asking yourself why. Why is my kid being a jerk? Usually the answer is obvious (in our case, she wants either attention or some object/situation she can't have), but being mindful of the cause shades your response just enough to connect. In the past, if I just tried to put her off for a few minutes to finish my task, her distress would quickly escalate and she would become whiny, clingy and a little insufferable. While it does take more effort to actually engage instead of acting on autopilot, I'm learning that a little upfront investment (like, seriously, a minute or two) of genuine connection at attention when my toddler just starts to go sideways can put out the fire and quickly yield plenty of

extended, quiet play. Magic. The practical tips of just taking a second to physically connect, make eye contact, offer a moment of comfort, etc., before explaining and redirecting make the process easier. And the authors' trick of pointing out how much it would annoy you if someone was treating you in the same way really helps internalize the flaws in the conventional parenting advice. I also like the detailed distinctions between giving love/attention/setting boundaries and spoiling (e.g., shielding child from negative feelings/situations, never requiring accountability, making excuses, or giving the kid too much \*stuff\*). While, like all self-help books, the same basic ideas are repeated many different ways, and you can start to feel like "okay, okay, I \*get\* it," I do feel like the repetition and examples did help me internalize the methods, and--just as importantly--helped give me a good enough sense of it to explain the concepts well to my partner (I'm the reader/filterer of the parenting books in our family). The other upshot is that hammering the ideas into your brain really does help stop you when you start to react in your default, autopilot way, so you as a parent can stop your own bad behavior and model how a smart, thoughtful person should act, even if wise choices don't always come naturally ;). Good stuff, and effective.

There is no perfect parenting method. What works on Monday won't work on Tuesday. What works with one child won't work with another. You won't be a perfect parent either. This is all acknowledged up front by the authors. What this book gives you is another tool in your toolbox to use to help you parent better. I've been using the methods for a few weeks and much of the time, they've been super helpful. We've seen some changes not only in the moment but overall in the behaviour of our kids. I encourage you to read it and expand your parenting toolbox.

I really loved this book, it really helped me see discipline in a whole new way and helped me to create helpful and productive ways of responding to behaviors from my toddler. It's a bit dr. Wordy in some parts but overall I was able to keep with it! I think it helps give me a good balance of discipline now overall.

Excellent

Authors' wittingly set expectations for parenting which sound realistic, and their willingness to share their hard times in parenting makes the content easier to resonate with.

Just perfect for a toddler - 3 years. New behaviors and new ways to manage the development

processes. I am a fan of Dan Siegel and his research, and the new knowledge he is sharing!

Good book - arrived in great shape

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