

NEW YORK TIMES BESTSELLER

# NO-DRAMA DISCIPLINE

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THE WHOLE-BRAIN WAY TO  
CALM THE CHAOS AND NURTURE YOUR  
CHILD'S DEVELOPING MIND

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FROM THE AUTHORS OF  
THE WHOLE-BRAIN CHILD

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## No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind



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NEW YORK Moments BESTSELLER • A lot of exciting insights .The pioneering experts behind The Whole-Brain Child and The Yes Brain tackle the best parenting challenge: discipline.D. " .— an eye-opener value reading. Cohen, Ph.— facts on child human brain advancement—Publishers Weekly“without causing a scene. Defining the real indicating of the “d” word (to teach, not to shout or reprimand), the authors explain how exactly to reach your child, redirect feelings, and turn a meltdown into an opportunity for growth. In so doing, the cycle of detrimental behavior (and punishment) is essentially brought to a halt, as problem solving becomes a earn/win situation. This book grabbed me from the very first page and did not release.II discover • strategies that help parents determine their own self-discipline philosophy—“ParentsHighlighting the fascinating link among a child’ suggestions alive, No-Drama Discipline shows you how to utilize your child”“regardless of how severe the behavior—while still environment clear and consistent limits •Compliment for No-Drama Discipline twenty discipline mistakes also the best parents make—and how exactly to stay focused on the principles of whole-human brain parenting and discipline techniques s developing brain, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.and the type of discipline is best suited and constructive at all ages and levels • Complete with candid stories and playful illustrations that bring the authors’ tips for navigating your son or daughter through a tantrum to attain insight, empathy, and repair •and get better at the best methods to communicate the lessons they are trying to impart •, writer of The Opposite of Worry the best way to calmly and lovingly connect with a kid— .s neurological advancement and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate street map for dealing with tantrums, tensions, and tears—Wow! Inside this sanity-saving guidebook you”“—Lawrence J.” With lucid, engaging prose accompanied by cartoon illustrations, Siegel and Bryson help parents teach and communicate better.



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Turned to in desperation with fantastic results I ordered this book away of desperation. My grandchildren were acting out in ways that were unsafe (ages 3 and 5 at the time) running near traffic, throwing tantrums. A bit repetitiva but with some good stories and anecdotes to help one understand the context and process. While it does take even more effort to really engage instead of functioning on autopilot, I'm learning that a little upfront investment (like, seriously, just a few minutes) of genuine connection at attention when my toddler simply starts to go sideways can released the fire and quickly yield a lot of extended, quiet play. Once we are in the car, I say, Fine, what happened at college today? Nothing at all, she says. No, you don't usually become this. I don't hurry him out to the automobile anymore. Find this scratch, she asks.. So useful and good for kids and parents. The next day I pick up my grandson. What happened? I would suggest this publication to to anyone person who has children . Awesome advice...Good stuff, and effective. Magic. And the authors' trick of pointing out how much if it could annoy you if somebody was treating you in the same way really assists internalize the flaws in the traditional parenting advice. Actually, most attempts just appeared to escalate the poor behavior. In just a week or two, the suggestions in this reserve has actually turned around my interactions with my daughter and has enabled me to almost universally nip her tantrums in the bud. A must go through for all parents!. Most of the technique is in the nanosecond before you react--simply asking yourself why. es util me gusto Lots to learn Easy to read and easy to follow. Both possess found it helpful. Previously, if I just tried to put her off for a few minutes to finish my job, her distress would quickly escalate and she would become whiny, clingy and a little insufferable. Latest example: I pick up my granddaughter from school and she is in her weird disposition again, runs outside and crosses it without me!), I was extremely eager to get some new tips beyond the standard "just ignore it" suggestions. The practical tips of just going for a second to physically connect, make eye contact, provide a minute of comfort, etc.. 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, filthy looks, efforts at redirection) really was assisting with that. I also like they detailed distinctions between giving like/attention/setting boundaries and spoiling (e.g., shielding child from negative feelings/situations, never requiring accountability, making excuses, or giving the kid an excessive amount of \*stuff\*). While, like all self-help books, the same fundamental suggestions are repeated many different ways, and you can start to feel like "okay, okay, I \*get\* it," I really do feel like the repetition and illustrations did help me personally internalize the methods, and--just as importantly--helped give me an excellent enough feeling of it to describe the principles well to my partner (I'm the reader/filterer of the parenting books in our family). So helpful!., etc. A good book, for just about any new parents, or for all those that have been parents for some time (before they become teenagers) I am wanting to better understand, how react and TALK to my children. Huge change! I've browse many Parenting books which is by far my favorite!. VERSUS., before explaining and redirecting make the procedure easier.. Mindful parenting has minimized our 2yo's tantrums (great resource for work-at-home parent) With a just-turned-two-year-old who was simply just starting into furious tantrums about almost every tiny disappointment (coming inside, getting into her car seat, leaving an area, dropping a toy, being asked never to throw things at your dog, etc.. I'm a reading this, ince it was Strongly suggested. Three Stars The advice is good but there is no reason to stretch this book to over 200 pages. Instead we've a check in period seated in the back of the automobile before we move anywhere.. raising my voice and overreacting. I would recommend this publication to to anyone person who has children or is a child (everyone). It certainly provides insight to most human interactions, it was a real

eyesight opener for me. The other upshot is definitely that hammering the suggestions into the human brain really does avoid you when you start to respond in your default, autopilot way, which means you as a mother or father can stop your own bad behavior and model how a wise, thoughtful person should take action, even if wise choices don't always arrive naturally ; Good alternative discipline based on science Gives advice for discipline based on scientific understanding of the way the brain works. Could have been a little more succinct. Usually the answer is apparent (inside our case, she wants either interest or some object/situation she can't possess), but getting mindful of the reason shades your response just enough to connect. I specifically like how recent neurons logical research is encorporated as the building blocks for the strategies, We felt like I did get something from the reserve therefore i . I tripped over some blocks and three of my close friends laughed at me. I cannot talk with how well this will work with teenagers with better verbal abilities (but since the crux of it really is paying attention and connecting, it looks like advice even for coping with adults), but with a toddler with a fairly good capability to understand but a significant limited vocabulary and capability to express herself verbally, this technique has worked wonders. Even though I really do agree with the whole mind approach and that discipline means teaching not really punishing, I thought the reserve was extremely redundant. I experienced like I did obtain something from the book therefore i gave it 3 celebrities. There are some key elements that I will keep in mind like "linking before redirecting" which means you "don't poke the lizard". Love the study behind this parenting philosophy. This process is definitely a breath of oxygen as I forge a different path in parenting than my parents Popular with my children I gave this publication to my boy and girl, both of whom are raising small children. Good Book! Super helpful book about learning a different way to parent kids. Existence changing! As a work-at-home parent, this translates to more happiness, greater efficiency, and much, significantly less stress. Wish I had examine this publication when I was raising my kids! Worth reading and re-reading again! Why is my kid being a jerk? Even though you are killing it as a parent this book is still very helpful. Quite simply we process their emotional well becoming before pressing on into this busy world.. Behavior changes to normal. This is simply not a "let the youngsters escape with everything" book neither is it a "control and punishment" book. You learn how to connect and relate so both parents and children are happy. Solid advice Scientifically sound and balanced advice in the basics of behaving and getting together with you baby ( however the advice can be extended to adults aswell). Without reading the entire book, I learned plenty of to completely turn the situation around. Definitely reach one of their parenting books! Four Stars Good



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