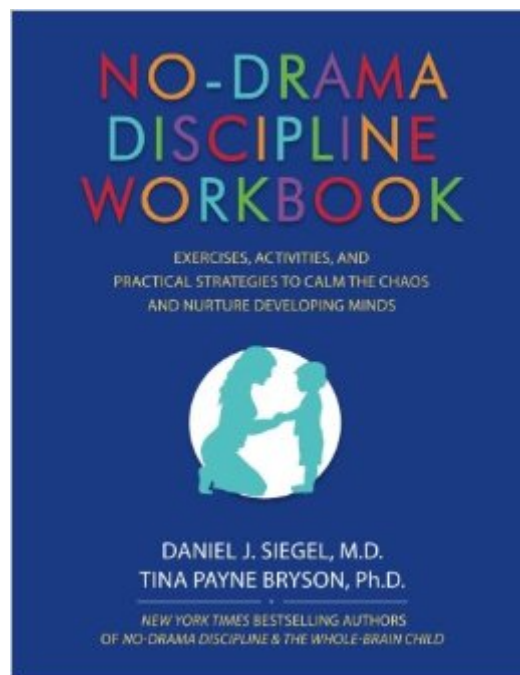


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# No-Drama Discipline Workbook: Exercises, Activities, And Practical Strategies To Calm The Chaos And Nurture Developing Minds



## Synopsis

Based on their New York Times bestselling book No-Drama Discipline, internationally acclaimed neuropsychiatrist Daniel J. Siegel, MD, and brain-based parenting expert Tina Payne Bryson, PhD, have created a guide to manage and reduce drama in your interactions with your kids, and even decrease the amount of time you spend having to discipline. The goal is simple: discipline less on autopilot by developing a set of principles and strategies based on your own family dynamics. These stories, reflections, and exercises will help you think more deeply about the way you communicate with your kids, and provide opportunities for peaceful and nurturing conflict resolution. Some of the skills you'll learn: - Develop clear and consistent strategies for responding to misbehavior. - Move from tantrum to tranquility by connecting and calming. - Apply the three "Brain C's" and understand how neuroscience impacts your disciplinary decisions. - Practice tips to remain firm and consistent in your discipline, while communicating with warmth, love, respect, and compassion. - Teach your child life lessons on how to relate to others, how to handle difficult situations, and how to control emotions and impulses. - Engage with the interactive format, journaling to integrate ideas into your parenting approach.

## Book Information

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Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

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## Customer Reviews

This workbook it really useful. I use to help all the young parents I work with. Each of the activities are easy to understand and implement. It was also easy enough to send home with my parents to do at home. I agree with most of the strategies explained in the workbook though Im not sure how culturally appropriate the strategies are. I can see more patriarchal families such as asian families

may have a hard time buying into some of the interventions. Overall, a good workbook to help young parents.

Excellent information that offers not only therapeutic strategies, but great information relating to parenting interventions.

An absolute necessity for any parent! No need to use force of power to raise children. Use win-win negotiations and plan ahead! Great book!

Quick delivery, good product, good price

Great exercises, great content.

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