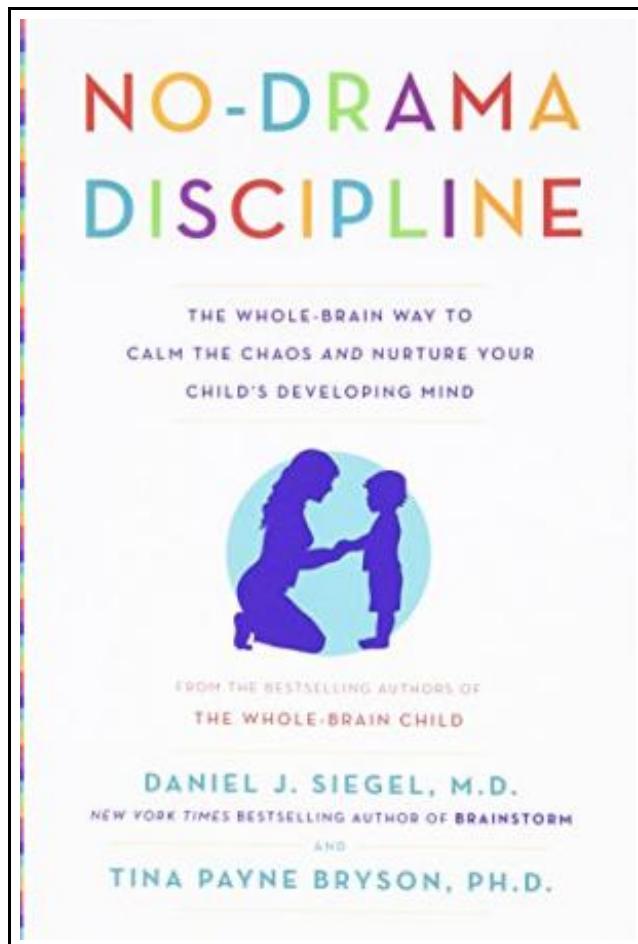


No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind



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(Prof. Damon Kautzer III)

NO-DRAMA DISCIPLINE: THE WHOLE-BRAIN WAY TO CALM THE CHAOS AND NURTURE YOUR CHILDS DEVELOPING MIND

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Bantam. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 9.5in. x 6.3in. x 1.1in. 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. Advance praise for *No-Drama Discipline*: Wow! This book grabbed me from the very first page and did not let go. Daniel Siegel and...

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