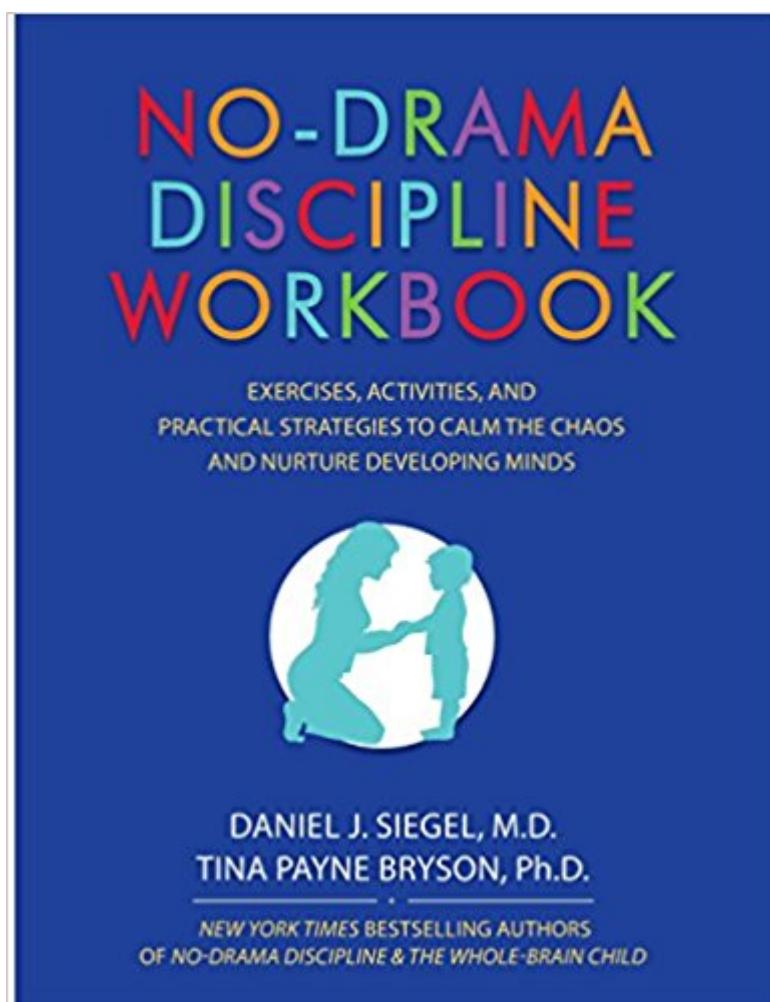


The book was found

# 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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## **Customer Reviews**

Really helpful in promoting thoughtful insights into working with children.

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!

Not really helpful for toddler age children, information great and certainly makes sense. Better for old children who can comprehend consequences and make choices.

Great exercises, great content.

This workbook is really useful. I use it 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 I'm 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.

I am a Child and Family therapist and use this book all the time. It is very helpful to help parents go step by step in making positive changes in their relationship with their children.

Great workbook to go along with the No Drama Discipline book, which is amazing! I definitely recommend this to pair with the book, it really helps you get more out of it.

This book was recommended to us by my son's therapist. So far it's been great and a real eye opener. It's really taught us a lot and is easier to keep focused on! Love the idea of a workbook as opposed to a regular hardcover. Definitely recommend!

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