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

By Daniel J. Siegel

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...



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