



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

*Daniel J. Siegel, Tina Payne Bryson*

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**NEW YORK TIMES BESTSELLER** • The pioneering experts behind *The Whole-Brain Child*—Tina Payne Bryson and Daniel J. Siegel, the 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.

### Praise for *No-Drama Discipline*

“With lucid, engaging prose accompanied by cartoon illustrations, [Daniel J.] Siegel and [Tina Payne] Bryson help parents teach and communicate more effectively.”—*Publishers Weekly*

“A lot of fascinating insights . . . an eye-opener worth reading.”—*Parents*

“Insightful . . . The ideas presented in this latest book can actually be applied to all of our relationships, as it will help us in many circumstances to be able to calm down, have empathy for another person, and then communicate in a constructive way about our concerns and proposed solutions. What works to help children learn and behave better might also help our world's leaders and large groups of people get along better, as many of us adults failed to develop these mindsight skills as we were growing up and we tend to sabotage our relationships with others as a result. Whether you are a parent, a teacher, or just a person who wishes to learn to get along better with others, you may find some valuable insights in *No-Drama Discipline*.”—*Examiner.com*

“Wow! This book grabbed me from the very first page and did not let go. Daniel Siegel and Tina Payne Bryson explain extremely well why punishment is a dead-end strategy. Then they describe what to do instead. By making the latest breakthroughs in brain science accessible to any parent, they show why empathy and connection are the royal road to cooperation, discipline, and family harmony.”—**Lawrence J. Cohen, Ph.D., author of *The Opposite of Worry***

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