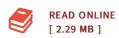# No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child s Developing Mind

By Daniel J Siegel, Tina Payne Bryson

Bantam, United States, 2016. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book. NEW YORK TIMES BESTSELLER The pioneering experts behind The Whole-Brain ChildTina Payne Bryson and Daniel J. Siegel, the author ofBrainstormnow explore the ultimate child-raising challenge: discipline. Highlighting the fascinating link between a childs 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 tearswithout 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 youll discover   strategies that help parents identify their own discipline philosophyand master the best methods to communicate the lessons they are trying to impart facts on child brain developmentand what kind of discipline is most appropriate and constructive at all ages and stages the way to calmly and lovingly connect with a childno matter how extreme the behaviorwhile still setting clear and...

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