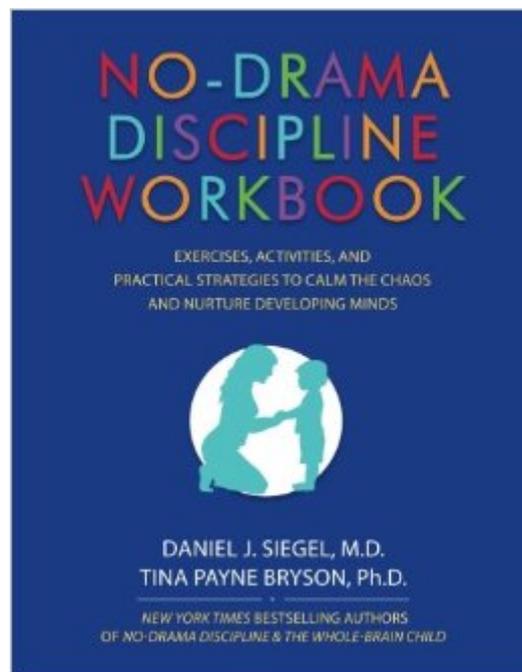


The book was found

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

Paperback: 131 pages

Publisher: PESI Publishing & Media; Csm Wkb edition (June 1, 2016)

Language: English

ISBN-10: 1559570733

ISBN-13: 978-1559570732

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #11,828 in Books (See Top 100 in Books) #52 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#) #61 in [Books > Education & Teaching > Studying & Workbooks > Workbooks](#) #313 in [Books > Parenting & Relationships > Parenting](#)

Customer Reviews

This workbook it really useful. I use 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 Im 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.

Excellent information that offers not only therapeutic strategies, but great information relating to parenting interventions.

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!

Quick delivery, good product, good price

Great exercises, great content.

[Download to continue reading...](#)

No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm The Chaos and Nurture Developing Minds The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) 201 Fun Senior Activities - Top Senior Activities, Elderly Activities, Dementia Activities, and More! (Fun! for Seniors) 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) The Soul of Discipline: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance- From Toddlers to Teens 1st Grade Spelling Games & Activities: Activities, Exercises, and Tips to Help Catch Up, Keep Up, and Get Ahead (Sylvan Language Arts Workbooks) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Own the Wind: A Chaos Novel (The Chaos Series Book 1) Condensed Chaos: An Introduction to Chaos Magic Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Discipline: Become A Greek Spartan: Everything

You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence,
Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Discipline Ranch: Domestic Discipline
Romance How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop
a Lifetime Habit of Exercise The Practicing Mind: Developing Focus and Discipline in Your Life
— Master Any Skill or Challenge by Learning to Love the Process Dating: Becoming Alpha To
The Core 3rd Edition - Dominate the Dating Scene Through Developing the Six Key Alpha Male
Traits Fast (Alpha Male, How to Attract ... Self Discipline, how to be a Success) The Garden
Awakening: Designs to Nurture Our Land and Ourselves The Yoga Way to Radiance: How to
Follow Your Inner Guidance and Nurture Children to Do the Same

[Dmca](#)