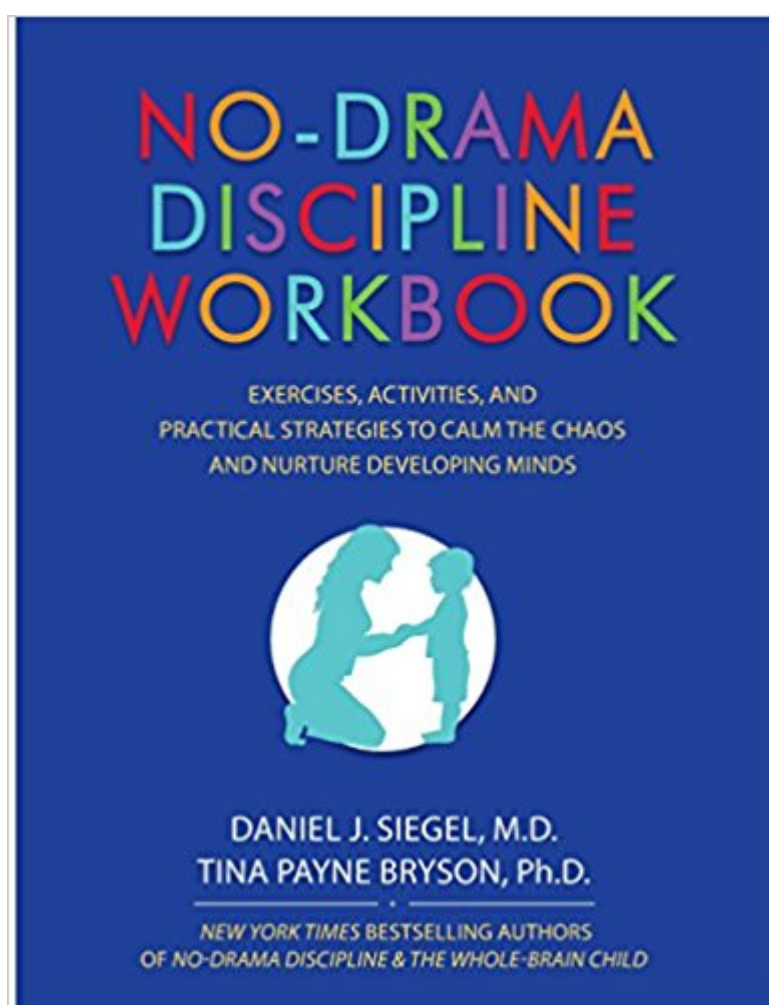


The book was found

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: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 14 customer reviews

Best Sellers Rank: #23,590 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #113 in Books > Education & Teaching > Studying & Workbooks > Workbooks #488 in Books > Parenting & Relationships > Parenting

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!

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

No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm The Chaos and Nurture Developing Minds
No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind
NAVY SEAL DISCIPLINE; The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES Book 1)
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)
Self-Discipline: Self-Discipline of a Spartan Trough: Confidence, Self-Control and Motivation (Motivation, Spartan, Develop Discipline, Willpower)
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your

Life The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals Bright from the Start: The Simple, Science-Backed Way to Nurture Your Child's Developing Mind from Birth to Age 3 The Drama Teacher's Survival Guide #2: Activities, exercises, and techniques for the theatre classroom Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills Self-Discipline for Entrepreneurs: How to Develop and Maintain Self-Discipline as an Entrepreneur Positive Discipline for Preschoolers: For Their Early Years--Raising Children Who are Responsible, Respectful, and Resourceful (Positive Discipline Library) 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) Self-Discipline: Spartan Discipline for the Modern Man Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems (Positive Discipline Library) 1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting The Soul of Discipline: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance- From Toddlers to Teens Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)