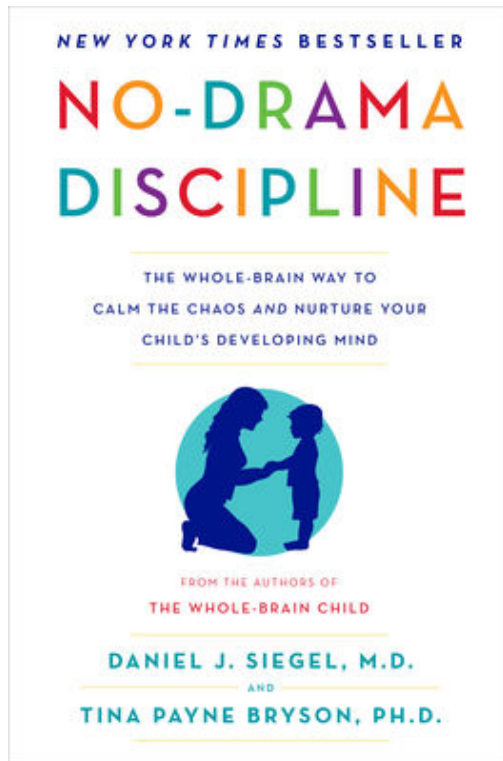


Télécharger Livres Gratuit No-Drama Discipline (PDF | ePub | Mobi) Daniel J. Siegel & Tina Payne Bryson DataBase Book



NEW YORK TIMES BESTSELLER • The pioneering experts behind *The Whole-Brain Child* and *The Yes Brain* tackle the ultimate parenting challenge: discipline.

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

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 child 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, Siegel and Bryson help parents teach and communicate more effectively.”—***Publishers Weekly***

“Wow! This book grabbed me from the very first page and did not let go.”—**Lawrence J. Cohen,**

Ph.D., author of *The Opposite of Worry*

Title : No-Drama Discipline
Author : Daniel J. Siegel & Tina Payne Bryson
Catégorie : Famille - parents
Sortie : 23 sept. 2014
Éditeur : Random House Publishing Group
Pages : 288
Langue : Anglais
File Size : 20.68MB

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