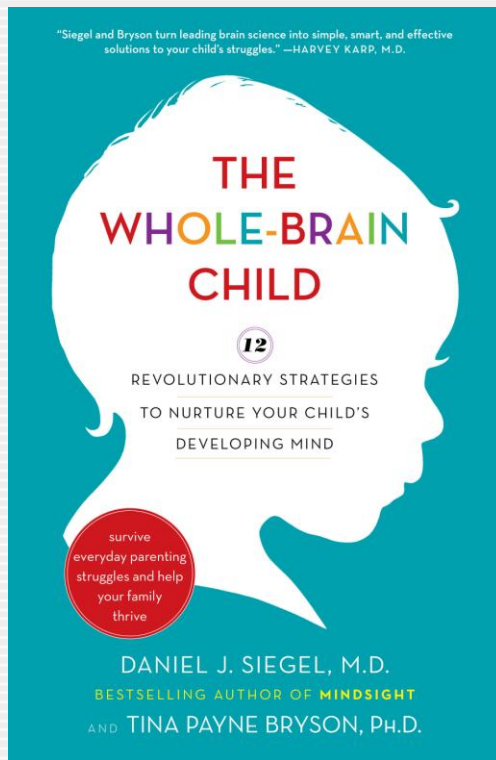


Daniel J. Siegel, M.D.

www.DrDanSiegel.com



NO-DRAMA DISCIPLINE

THE WHOLE-BRAIN WAY TO
CALM THE CHAOS AND NURTURE YOUR
CHILD'S DEVELOPING MIND



FROM THE BESTSELLING AUTHORS OF
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D.
NEW YORK TIMES BESTSELLING AUTHOR OF BRAINSTORM

AND
TINA PAYNE BRYSON, PH.D.

What About Discipline?



Forget what you know about discipline.

Forget what you think the word means.

Forget what you've heard about how educators should respond when kids do something they're not supposed to.

Instead, . . . Let's take a deeper and different view.

What is Discipline?



Is the point to punish?

To give consequences?

What is Discipline?



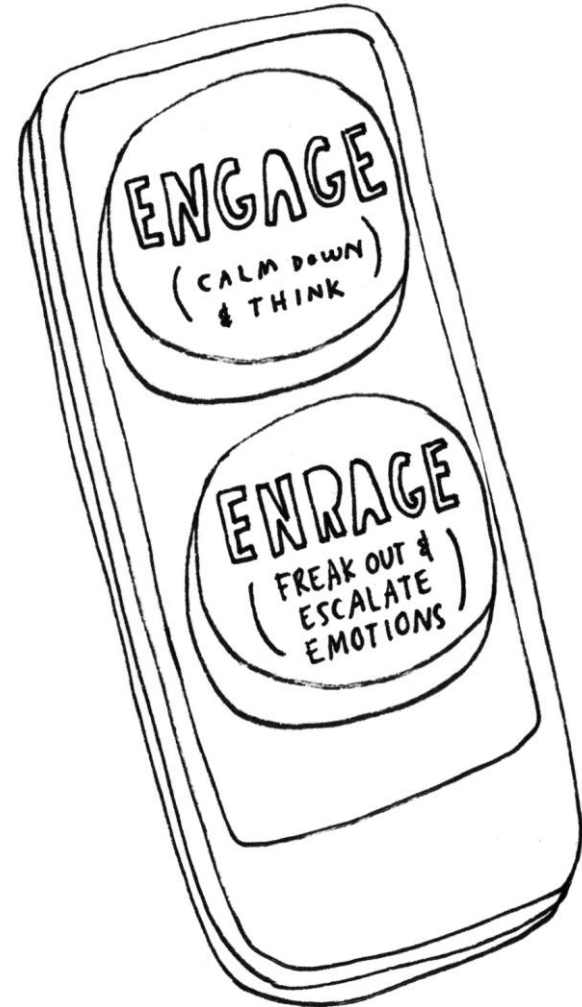
Discipline

=

Teaching

So relationship and soothing is key

Engage,
Don't
Enrage . . .





THE

THREE

QUESTIONS

Question #1:

Why did the child act this way?

(Chase the why.)



THE

THREE

QUESTIONS

Question #2:

What lesson do I want to teach?

(Is it that punishment follows
misbehavior?)



THE

THREE

QUESTIONS

Question #3:

How can I best teach that
lesson?

(They have to be receptive.)

The overall approach:



**CONNECT AND
REDIRECT**

**WITH KIDS
WITH STAFF
WITH PARENTS**

The overall approach:



**CONNECT AND
REDIRECT**

**WITH KIDS
WITH STAFF
WITH PARENTS**

And when we connect . . .



- We also develop the “Upstairs brain”



Middle Prefrontal Cortex



- Regulates body (autonomic nervous system)
- Regulates emotions
- Attuned communication
- Empathy
- Executive function: Flexibility & Sound decision making
- Personal Insight
- Unlearning of fear
- Morality
- Intuition

What you do matters.



One last point to consider:

Neuroplasticity

Experience changes the brain

(Hope for our kids, and for ourselves.)

Resources



- *No-Drama Discipline* Siegel and Bryson
- *Mindsight, or The Developing Mind, or Brainstorm* by Siegel; *Parenting from the Inside Out*, by Siegel & Hartzell
- *The Brain that Changes Itself* by Norman Doidge
- *Mindset* by Carol Dweck
- *Raising Happiness* by Christine Carter
- *The Mindful Child* by Susan Kaiser-Greenland
- *innerkids.com, marc.ucla.edu, drdansiegel.com*
- *How to Raise an Emotionally Intelligent Child* by John Gottman
- *The Neuroscience of Education* by Lou Cozolino

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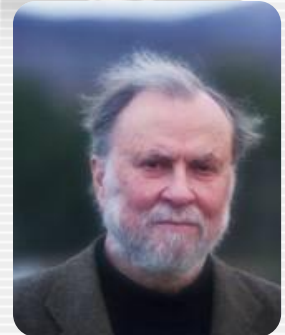
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