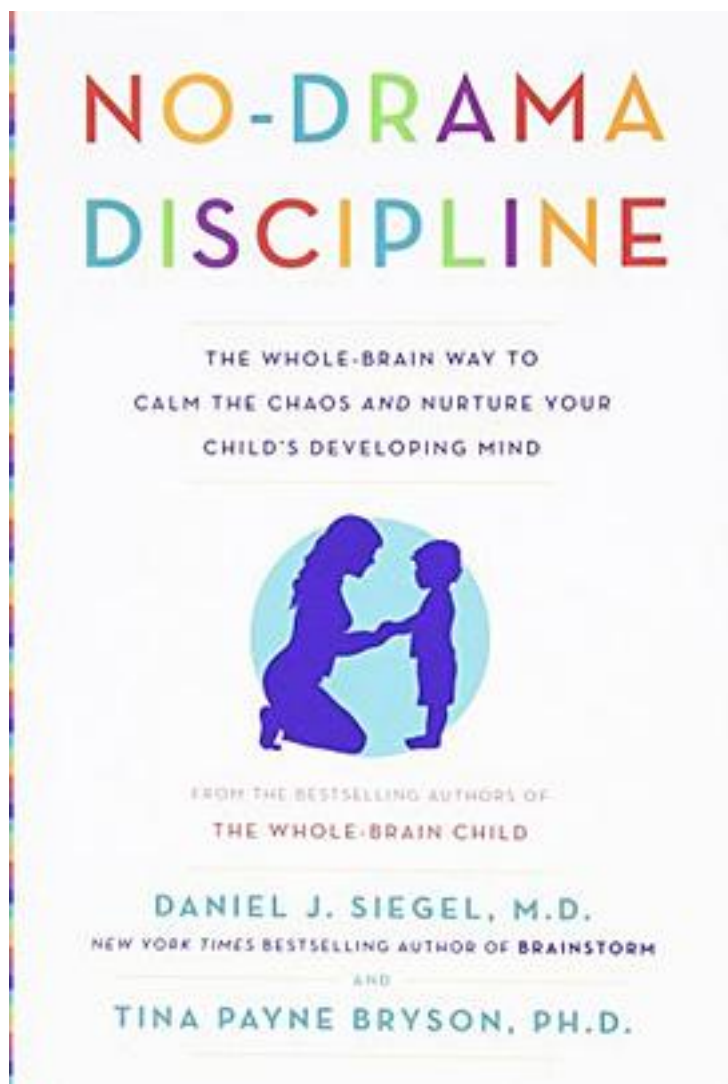


No-Drama Discipline



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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.

作者介绍:

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, the founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight institute. A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the New York Times bestseller *Brainstorm* and the bestsellers *Mindsight*, *Parenting from the Inside Out* (with Mary Hartzell), and *The Whole-Brain Child* (with Tina Payne Bryson). Also the author of the internationally acclaimed professional texts *The Mindful Brain* and *The Developing Mind*, Dr. Siegel keynotes conferences and conducts workshops worldwide. He lives in Los Angeles with his wife.

Tina Payne Bryson, Ph.D., is the co-author (with Dan Siegel) of the bestselling *The Whole-Brain Child*, which has been translated into eighteen languages. She is a pediatric and adolescent psychotherapist, the director of parenting for the Mindsight Institute, and the child development specialist at Saint Mark's School in Altadena, California. She keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world. Dr. Bryson earned her Ph.D. from the University of Southern California, and she lives near Los Angeles with her husband and three children.

目录: Before You Read This Book: A Question p. xi
Introduction: Relational, Low-Drama Discipline p. xiii
Chapter 1 ReTHINKING Discipline p. 3
Chapter 2 Your Brain on Discipline p. 33
Chapter 3 From Tantrum to Tranquility: Connection Is the Key p. 66
Chapter 4 No-Drama Connection in Action p. 100
Chapter 5 1-2-3 Discipline: Redirecting for Today, and for Tomorrow p. 136
Chapter 6 Addressing Behavior: As Simple as R-E-D-I-R-E-C-T p. 165
Conclusion: On Magic Wands, Being Human, Reconnection, and Change: Four Messages of Hope p. 213
Further Resources p. 225
Connect and Redirect Refrigerator Sheet p. 226
When a Parenting Expert Loses It p. 228
A Note to Our Child's Caregivers p. 235
Twenty Discipline Mistakes Even Great Parents Make p. 238
An Excerpt from The Whole-Brain Child p. 245
Acknowledgments p. 253
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标签

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评论

太主观了，先不评价。

清晰易懂，挺好的帮助理解如何应对孩子的情绪化，也有一些看似鸡汤的话抚慰父母的焦虑。但是教养类的书那么多，方法论那么多，如何将一个一个看似简单的体系，一串串bullet points融会贯通运用到现实中每一个具体的特定的场景中更有挑战。中文翻译为去情绪化有误导。

管理下属和管理孩子通用。CONNECT and REDIRECT! 孩子长期的行为比短期的结果更重要。Ask three Questions: 1) Why they behave like this? 2) What lesson I want to teach? 3) How could I teach this lesson? 不要让孩子感到威胁，那会激起大脑的防御本能，要努力与理智的大脑对话。先与孩子进行同理心沟通，建立同理的连接。Connection is not spoiling。要具体情况具体对待，没有可以通用的法则。要首先让自己放松，孩子才能放松，比如坐到视线比孩子还低的地方。要建立规矩，但不要太苛刻。安全规矩一定要遵守，其他的规则可以视情况有一些例外

Stupid

Kind of the same idea: that discipline is not punishmey, but teach. But a bit too concrete right now, maybe i' ll come back for the examples later

知易行难

Audible

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书评

儿子三岁三个月，我二胎在肚子里马上八个月。老大正是叛逆期，本来就已经让人头痛了，我又从“健全人”变成了“老弱病残孕”的一员，管教人军事实力锐减，家里鸡飞狗跳，颇不安宁。
真的，我一点也没有质疑我老公——包括是全天下所有做爸爸的男人——带孩子的能力。可是，在...

这周跟大家分享我利用碎片时间啃完的一本书《去情绪化管教》。★推荐理由：
很多家长肯定也看过很多育儿类书籍，其实育儿书籍看多了，容易视觉和心理疲劳。甚至觉得看完了也不管用，该嚷还嚷，该打时候也管不住自己。
而且很多育儿书籍看完之后，更焦虑了。为什么呢，因为看了...

大家早上好，欢迎打开剽悍晨读，每天进步一点点，坚持带来大改变。今天是2018年1月17日，我们要给大家分享的书籍是《去情绪化管教：帮助孩子养成高情商、有教养的大脑》。这本书是由资深教育家、儿童精神病学家丹尼尔·J.西格尔和儿童及青少年心理治疗师蒂娜·佩妮·布赖森所写。...

拜读过作者丹尼尔·西格尔的另一本作品《全脑教养法》并给予五分好评，这一本我打三分：去掉一分因为“啰嗦”，另一分因为较弱的实用性。
但这并不妨碍这本书有着引人注目的优点。出于公正的缘故，先把优点放在前面讲。
概论 这本书原著出版于2014年，相较2011年《全脑教养法》...

第一章 重新解读“管教” ●
首先，抚育者应该把管教看作他们能馈赠给孩子的最有爱和营养的东西。孩子们必须学会抑制冲动，管理愤怒以及思量自身行为对他人造成的影响。 ●
三连问：为什么？是什么？怎么做？为什么我的孩子是这种表现？此时此刻，我想教会他什么？该怎么教效...

其实，看到过很多类似的话，例如下面这句：
遇到不可理喻的事情，接受、处理、远离，不追问。最后这三个字，是生活教会我的最重要的三个字。
而且，这句话，本身也蕴藏了另一个意思就是：不要有情绪。毕竟这个世界不为你左右，地球不围着你转。包括你抚育的孩子。丹尼尔...

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