CONNECT AND REDIRECT REFRIGERATOR SHEET

*No-Drama Discipline*

by Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D.

**FIRST, CONNECT**

- **Why connect first?**
  - *Short-term benefit:* It moves a child from reactivity to receptivity.
  - *Long-term benefit:* It builds a child's brain.
  - *Relational benefit:* It deepens your relationship with your child.

- **No-Drama connection principles**
  - *Turn down the “shark music”:* Let go of the background noise caused by past experiences and future fears.
  - *Chase the why:* Instead of focusing only on behavior, look for what's behind the actions: “Why is my child acting this way? What is my child communicating?”
  - *Think about the how:* What you say is important. But just as important, if not more important, is how you say it.

- **The No-Drama connection cycle: help your child feel felt**
  - *Communicate comfort:* By getting below your child’s eye level, then giving a loving touch, a nod of the head, or an empathic look, you can often quickly defuse a heated situation.
  - *Validate:* Even when you don’t like the behavior, acknowledge and even embrace feelings.
  - *Stop talking and listen:* When your child’s emotions are exploding, don’t explain, lecture, or try to talk her out of her feelings. Just listen, looking for the meaning and emotions your child is communicating.
  - *Reflect what you hear:* Once you’ve listened, reflect back what you’ve heard, letting your kids know you’ve heard them. That leads back to communicating comfort, and the cycle repeats.
THEN, REDIRECT

• 1-2-3 discipline, the No-Drama way
  ◦ One definition: Discipline is teaching. Ask the three questions:
    1. Why did my child act this way? (What was happening internally/emotionally?)
    2. What lesson do I want to teach?
    3. How can I best teach it?
  ◦ Two principles:
    1. Wait until your child is ready (and you are, too).
    2. Be consistent but not rigid.
  ◦ Three mindsight outcomes:
    1. Insight: Help kids understand their own feelings and their responses to difficult situations.
    2. Empathy: Give kids practice reflecting on how their actions impact others.
    3. Repair: Ask kids what they can do to make things right.

• No-Drama redirection strategies
  ◦ Reduce words
  ◦ Embrace emotions
  ◦ Describe, don't preach
  ◦ Involve your child in the discipline
  ◦ Reframe a no into a yes with conditions
  ◦ Emphasize the positive
  ◦ Creatively approach the situation
  ◦ Teach mindsight tools