

CONNECT AND REDIRECT REFRIGERATOR SHEET

No-Drama Discipline

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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