

# Effective Parenting – July 2025

Summary of "No Drama Discipline" by Daniel J. Siegel

Primary

Sr.No.	Parameters	DOs	Parameters	DON'Ts
1	Stay Consistent with Boundaries	Maintain clear and consistent rules, helping your child understand the importance of structure and limits.	Choose Gentle Discipline	Avoid physical punishment or severe consequences, as these can create fear rather than understanding.
2	Encourage Problem-Solving	Involve your child in finding solutions to conflicts, fostering independence and critical thinking.	Speak Calmly, Briefly	Keep explanations short and age-appropriate, focusing on teaching rather than overwhelming with information.
3	Focus on the Positive	Reinforce good behaviour with praise and attention, promoting a positive cycle of behaviour.	Address Root Causes	Address the root cause of misbehaviour, whether it's frustration, fear, or confusion, rather than just the behaviour itself.
4	Be Patient and Empathetic	Acknowledge your child's emotions and show understanding, even when correcting misbehaviour.	Respond with Patience	View mistakes as learning opportunities rather than failures, helping your child grow from the experience.
5	Model Calm Behaviour	Demonstrate how to manage stress and frustration effectively, as your child learns by observing you.		

By following these guidelines, you can create a supportive and nurturing environment that promotes your child's emotional well-being and personal growth.