

No-Drama Discipline

by Daniel J. Siegel, Tina Payne Bryson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Ask the brain-state question**

Before correcting, ask: is my child choosing badly with capacity, or are they flooded and unable to access the skill? Let the answer set your timing.

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⁰² **Use the two-sentence limit**

Try one sentence of connection followed by one sentence of boundary: I know you wanted more screen time. Tablet time is done for today.

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⁰³ **Save the lesson for later**

When emotions are hot, keep words minimal. Return after calm to ask what happened, what they felt, and what they can try next time.

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⁰⁴ **Repair without over-explaining**

If you snap, return with ownership: I used a voice that was too big. You were not too much for me. Let us try that again.

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⁰⁵ **Turn consequences into practice**

Replace arbitrary punishment with a related repair or rehearsal, such as cleaning the spill together or practicing the words they needed.