

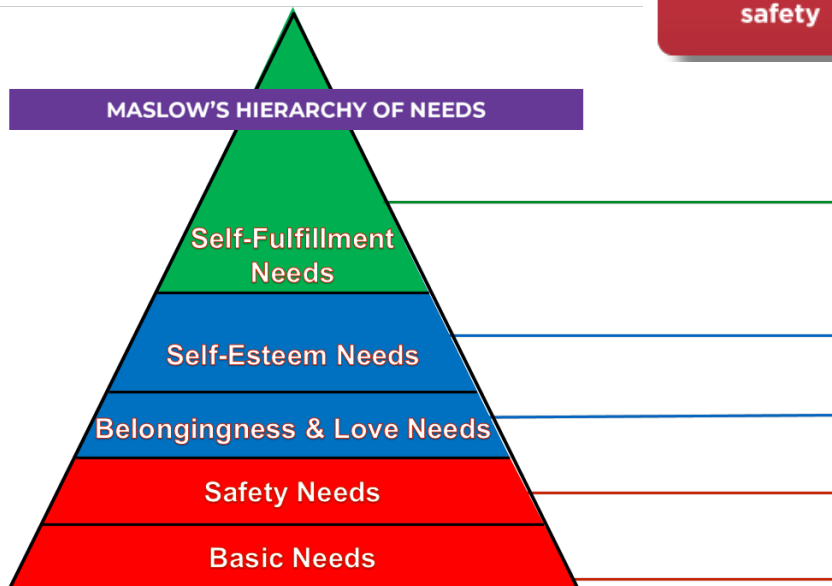
Disconnected Families are Discouraged Families: Creating ways to Empower Families, Increasing Success in your programs both in person and virtually.

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Conscious Discipline®: is one of the most comprehensive discipline programs available. It is specifically designed to provide parents and educators with the conscious awareness and skills required to create the safe, connected, problem-solving homes and schools needed to successfully face today's challenges.



MASLOW'S HIERARCHY OF NEEDS

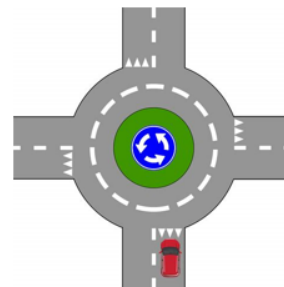
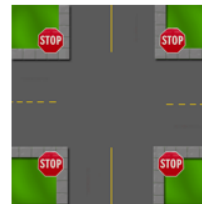


Pause and Reflect

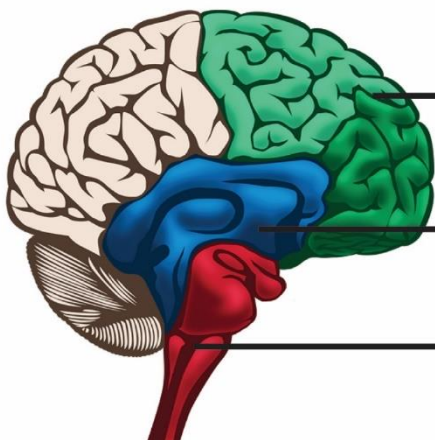
How could you implement this into your program or the families you work with?

Shift in way we look at behavior

- **Traditional Change:** Creates a divide between adult and child, “my way or no way!”
- **Transitional Change:** Making small changes in specific behaviors, causing an ‘US’ and ‘THEM’, instead of ‘WE’.
- **Transformation Change:** We create a new mindset. It is a shift in our thinking and become an organization of ‘WE’.



Sneak Peek into Brain States



Executive State
Prefrontal Lobes
What can I learn?

Emotional State
Limbic System
Am I loved?

Survival State
Brain Stem
Am I safe?

1. **Safety (Survival State):** through self-regulation, enhances adults' and children's ability to recognize and manage emotional upset.
2. **Connection (Emotional State):** builds relationships to change adult and child perceptions, increase cooperation, and increase the willingness to learn and practice new skills.
3. **Problem-Solving (Executive State):** through changing our response to conflict, boosts adults' and children's ability to adapt to changing situations.



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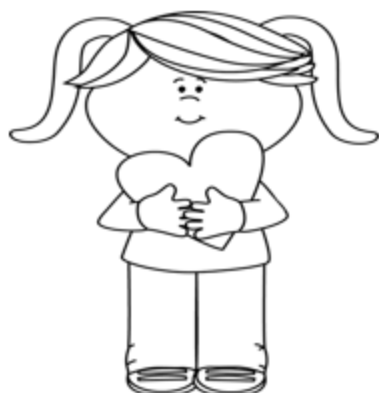
The Seven Powers of Discipline: Helps us to see conflict through a different lens, a different perspective.

The Seven Skills of Discipline: Allows us to respond to conflict differently.

The Structures and Rituals: Provides adults and children opportunities to practice and strengthen skills.



What are your thoughts or new ideas?



How did you feel during our time together?



What are next steps: how will you use and share this information?

Notes

