



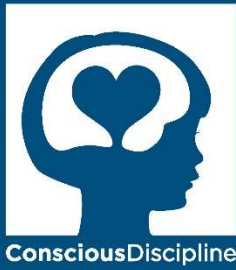
Implementing Conscious Discipline in your work with Parents and Families

Phoenix, Arizona ~ July 29th and July 30th, 2020

Presented by: Pamela Prasher

Conscious Discipline Certified Instructor

Conscious Discipline, created by Dr. Becky Bailey



Implementing Conscious Discipline® in your work with Parents and Families

Presented By: Pamela Prasher, Conscious Discipline Certified Instructor
Pamela.Prasher@consciousdiscipline.com
professionaldevelopment@consciousdiscipline.com



The Conscious Discipline® Brain Smart Start™ is based on scientific research about optimal brain function and mind-body states.

Activity to Unite:



Activity to Disengage Stress:



Activity to Connect:



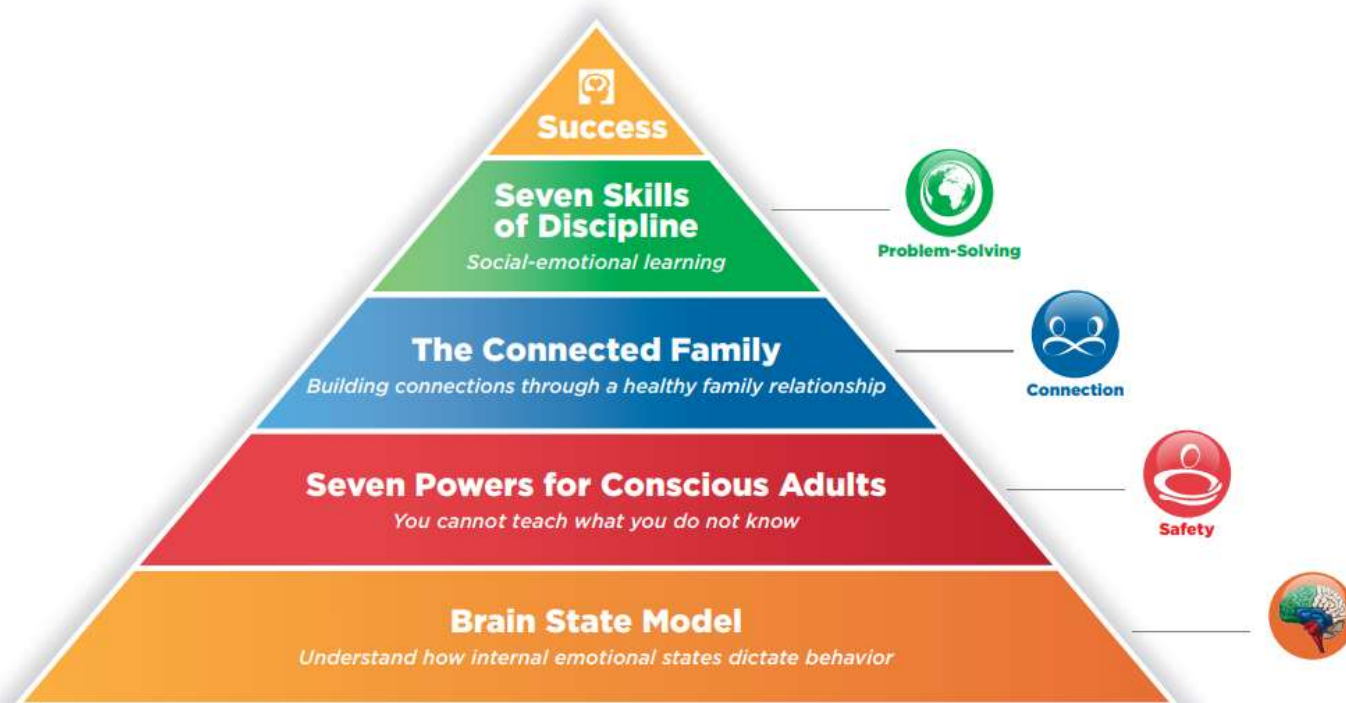
Twinkle, Twinkle

♪ Twinkle, twinkle little star,
What a wonderful child you are.
With bright eyes and nice round cheeks,
A talented person from head to feet.
Twinkle, twinkle little star,
What a wonderful child you are.

Activity to Commit:

☐ Today I commit to noticing my own triggers to help regulate myself first, so I can help others in moment of upset.

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 needed to successfully face today's challenges.



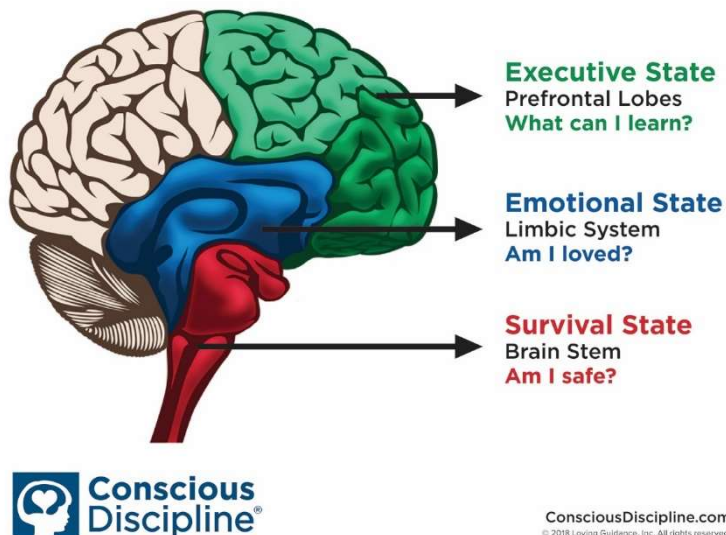
Seven Skills of Discipline: Provides adults with the seven discipline skills to effectively transform any problem into a life lesson.

The School Family: Creates a positive school climate by eliminating reward and punishment in favor of the safety, connection and problem-solving of a School Family. **The Connected Family:** Improves all family relationships, perpetual willingness to solve problems.

Seven Powers for Conscious Adults: Enhances the social-emotional learning of adults, creating mindful parents and caregivers who see discipline as an opportunity to teach instead of a disruption.

Brain State Model: Builds homes based on safety, connection and problem-solving, with the goal of using brain research to fulfill optimal success.

Understanding Brain States



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.

Utilizing Conscious Discipline® in Home Visits

Examples of Routines that can be developed:

- Greeting each other: Example: 'Our Time Together' routine book
- Brain Smart Start together
- Head Start Content or Curriculum
- Connecting Activity: Example: 'I Love you Ritual'
- Introduce or review a Conscious Discipline skill or activity
- Goodbye ritual

* You can find free implementation guides for parent educators and caseworkers on the portal at: www.CDperks.com/parents.



Aligning Head Start Parent, Family & Community Engagement Framework with Conscious Discipline ®

Head Start Parent, Family & Community Engagement Outcomes:	Conscious Discipline:	Notes:
1. Family well-being: <i>Parents and families are safe, healthy and have increased financial security.</i>		
2. Positive Parent-Child Relationships: <i>Beginning with transitions to parenthood, parents and families develop warm relationships that nurture their child's learning and development.</i>		
3. Family as life-long Educators: <i>Parent and families observe, guide, promote and participate in the everyday learning of their children at home, school and in their communities.</i>		
4. Family as Learners: <i>Parents and families advance their own learning interests through education, training and other experiences that support their parenting, careers and life goals.</i>		
5. Family Engagement in Transitions: <i>Parents and families support and advocate for their child's learning and development as they transition to new learning environments, including EHS to HS, EHS/HS to other early learning environments and HS to Kindergarten through Elementary School</i>		
6. Family Connections to Peers & Community: <i>Parents and families form connections with peers and mentors in formal or informal social networks that are supportive and/or educational and that enhance social well-being and community life.</i>		
7. Families as Advocates & Leaders: <i>Families participate in leadership development, decision-making, program policy development, or community and state organizing activities to improve children's development and learning experiences.</i>		

Notes

